1982

Los Angeles Rams

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82 RAMS.

GENERAL OFFENSIVE TERMINOLOGY

ACE	Two wide receivers to one side; back in Wing position and one remaining back.
AWAY	Remaining back going away from point of attack (not motion).
BAY	Designates a back going in motion away from the tight end.
BIG BEN	Last play of half or game; desperation pass.
BLIZZARD	Two tight ends on line of scrimmage, balanced line; two wide receivers, one on each side.
BUBBLE	Refers to man over the center and tackle with guard uncovered.
BUCK	Weakside linebacker.
COUNTER	A jab step by offensive back or backs away from the point of attack.
COVERED	Defensive player directly over you on line of scrimmage.
DOUBLE	Halfback lined up in wing position to side of formation.
DOUBLE POC	Tight end who is split 4 to 6 yards from offensive tackle.
EVEN	Defensive line spacing with no lineman head on center.
F-SERIES	Letter used in calling plays that tells the fullback to hit over the onside guard as blocker, faker or carrier.
FAKE YUM	Y in, Y off position starts Yum in one direction, then changes and goes back to original position.
FAR BACK	Back who is lined up outside "X".
FLEX	Refers to the "X" on the one receiver side who is lined up 3 to 6 yards from offensive tackle.
FLOAT	Refers to the "Z" receiver who is lined up 3 to 6 yards from "Y".
FLY	Designates a back going in motion toward tight end.
FULL SERIES	Fullback fills offside for pulling guard.
GO	Single shift by backs.
INFLUENCE (I)	Maneuver of offensive man to induce wrong move by a defensive player - destroying key of the defender.
JILL	Weakside safety
JUMP	The term used preceding snap count to tell offensive backs to double shift.

LIGHTNING — Two wide receivers (Slot formation) and one tight end on same side.

MAC — Middle linebacker who is lined up between stub and buck.

MEEK — Middle linebacker who is lined up on weakside offensive guard in a 34 front.

MIS-DIRECTION — Type of running play where one back is going away from point of attack.

NEAR — Refers to "X" when he is lined up 1 to 3 yards from offensive tackle.

NEAR BACK — The offensive back who is lined up to the side of the point of attack.

ODD — Defensive line spacing with a lineman head on center.

OFF SIDE — Side away from play called.

OPTION SCREEN — A "2" count screen involving guard and center where the quarterback has option of throwing down field or to screen man.

ON SIDE — Side to which play is called.

OPEN — When "X" (TE) in slot formation lines up 7 or more yards from offensive tackle.

POC — Alignment of "Y" who is lined up 2 to 3 yards from offensive tackle.

POWER — Term used with short yardage/goal line formations to tell there are 3 running backs in the game.

PRO — Three wide receivers in the game.

QUICK SCREEN — Type of screen where tackle, guard and center hit and go as fast as possible - normally to X and Z off play action fake.

SAM — The strongside safety.

SCREEN (REGULAR) — A 3 count screen involving both guards and center.

SLIP SCREEN — Type of screen where guard and center hit and go as fast as possible - normally to a swing back.

SLOT — A formation with the two wide receivers on same side of formation and tight end is on the opposite side.

SLOW — Term for a receiver "Y" (X) when he blocks for pass after which he may release as an outlet receiver.

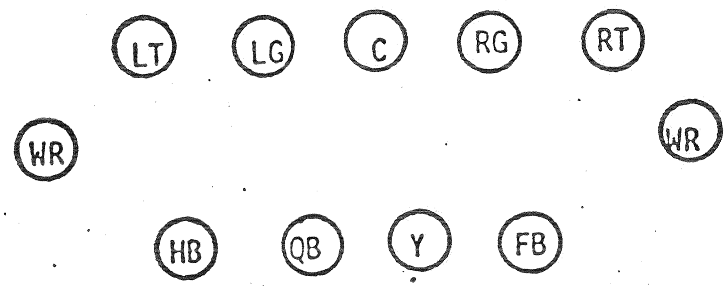
STACK — Alignment of "X" in backfield. Halfback replaces "X" on the line of scrimmage.

STUB — Strongside linebacker.

STRONGSIDE	Side of two receivers for pass - side of tight end for run.
TOSS	A pitch to a back who is directly behind the quarterback - on a lateral swing move into a designated hole.
THROW BACK SCREEN	Type of screen where all action is in one direction and them screening opposite of the flow.
THUNDER	Two tight ends on same side - wide receiver on same side also.
"T"	Back going in motion. (Example: T 38)
UNCOVERED	Man over off of line of scrimmage.
WING	When flanker "Z" is lined up 1 to 3 yards from "Y" - 1 yard off line of scrimmage.
"X"	Indicated formation with halfback on line of scrimmage, and "X" lined up outside of halfback and off line of scrimmage.
X MOTION	"X" in motion where ball is snapped without changing strength.
"Y"	Term used in calling formation that "Y" will line up in backfield and shift to formation called. (Example: I-RT-Y)
Y OUT	Tells "Y" to line up outside of "Z".
YAK	Indicates motion by "Y" when in slot location and ball is snapped when "Y" is in approximately the guard-tackle area. No change of strength.
YAZ	Tells "Y" to go in motion away from the formation.
YING	"Y" in "OUT" location comes in motion toward center.
Y-OVER	Tells "Y" to line up opposite huddle call on line of scrimmage and then to shift formation called in huddle. (Example: Opp. Rt. - Y Over)
Y-OFF	Tells "Y" to line up in slot off the line of scrimmage and flanker "Z" to line up on the line of scrimmage.
YUM	Places "Y" in slot alignment and then goes in motion across the formation, thus changing strength.
ZAK	Motion by "Z" toward ball - ball snapped with "Z" behind the tight end.
ZING	Motion by "Z" toward "Y" where ball is snapped when he is in a position to influence or block strongside linebacker.
ZIP	Tells "Z" to line up in the backfield in any location he desires and goes in motion to build the formation called in huddle.
ZOOM	Motion by "Z" going across the formation, thus changing strength.

ABBREVIATIONS

1. AUD	Audible
2. BLK	Block
3. B & R	Bump & Run (Press)
4. CK	Check
5. COV	Coverage
6. CP	Coaching Point
7. DR	Draw
8. EX	Example
9. I	Influence
10. LB	Linebacker
11. LOS	Line of Scrimmage
12. N/T	Not There
13. NPU	No Pick Up
14. POA	Point of Attack
15. PSL	Pre-Snap Look
16. REV	Reverse
17. SCRN	Screen
18. SPU	Swing Pick Up
19. TECH	Technique
20. TE	Tight End



PUTTING TEAM IN ACTION

A. FORMING THE HUDDLE:

1. Center forms huddle 7 yards from ball.
2. Position in huddle - hands on knees. Look at QB. See what you hear.
3. Quarterback has complete control in huddle.

B. CALL IN HUDDLE PROCEDURE BY QUARTERBACK:

1. Formation

   a. Back locations and strength are called in 1, 2 order as follows:

      1. Split Right
      2. Opposite Left
      3. I Right

   b. A third term may be used to indicate a variation from the normal locations of the receivers as follows:

      1. Split Slot Right
      2. Strong Slot Left

   c. "Check With Me" means the formation will be called in the huddle and the play will be called at the L.O.S. Snap count will always be on "one".

2. Play

   a. Example: (36) or (61)

3. Snap:

   A. The snap count (starting signal) is called on Sound, 1st audible, 2nd audible, 1, 2, 3, or 4.

4. Quarterback has the option to call the play from a "Down" starting position and eliminate the pre-shift.

   a. Example: 1 Right 18 down sound
   b. Example: Opposite Right 29 down 1st audible

C. BREAKING THE HUDDLE:

1. Center and wide receivers leave huddle as soon as they hear play and snap count.

2. Quarterback pauses, gives command of "READY BREAK". After "BREAK", all clap hands and sprint to position. A good huddle break is a must. Hustle to your lineup position.

D. AT LINE OF SCRIMMAGE:

1. Linemen assume an UP stance preliminary to shift (unless called "Down").

2. Command of "Forty Three Over" (defensive alignment) is used to:

   a. Put linemen and backs in Down stance.
   b. Shift backs or receivers.
   c. Puts play in action (sound).

3. If quarterback has called "Down" in the huddle, linemen are over the ball in a 3-point stance ready to go. Backs and ends are in normal stance, ready to go.

   NOTE: "Down" is the only posture the QB will call. May go from Down position on any count, but usually on sound, 1st audible or 2nd audible.

4. If quarterback has called snap count on "sound", the linemen and backs go from the UP position unless called Down.

5. Ends: Tight ends come out in a 3-point stance ready to go. Wide receivers come out in a 2-point stance ready to go.

6. Quarterback will identify defense vocally. This also is the starting count on "sound".

   NOTE: Interior linemen may not move after assuming a 3-point stance until snap.

E. CALLING OF FORMATION AND PLAY:

1. Example of huddle calls:

   a. I Right - 29, on "sound".
   b. Opposite Right - 25 Lead, down "2nd audible".
   c. Split Right - 62 on 2.

A. EXAMPLE OF PLAY CALLED:

1. In huddle:

   a. Opposite Right 38 on 2

2. On Line:

Defense	Dummy Call	Dummy Call	Non-Rhythmic Count
43	3-54	3-54	Hut-Hut

B. CADENCE PROCEDURE:

1. "43" — QB calls defensive alignment; linemen adjust splits and assume 3 point stance. Backs assume normal take off stance, wide receivers may adjust splits.

2. "2-54" — Audible procedure

3. "2-54" — Audible procedure repeated

4. "Hut-Hut" — Non-rhythmic snap count

   NOTE: The defensive call "Forty-Three" and the audible procedure "Two - Fifty-Four -- Two - Fifty-Four" is rhythmical, but the interval between these and the "Hut" counts is broken.

5. The count from sound through the audible procedure is rhythmical with pauses between each consistently the same. Then the "Hut" counts are broken (non-rhythmical).

C. PROCEDURE ON THE LINE:

1. When snap count "on sound" is called in the huddle, we will go on the word "forty" serving as a command.

2. When the snap count "on the second audible" is called in the huddle, we will go on the 2nd single digit number.

   Example: 43 -- 3-54 -- 3-54

3. SNAPS: Forty-Three -- 3-54 -- 3-54 --- Hut -- Hut -- Hut

   NOTE: When snap count is to be "on sound", NO audible change or shift is possible.

In our cadence procedure, if the first number called after the "defensive recognition" is the live audible number, "BE ALERT". The following two digits indicate a new play. Any number other than the live audible number is a Dummy (or fake) call. Go through with original play called. All audibles will go on "one".

NOTE: All audibles will go on "one".

Play called in huddle;

"Split Right - 29 on 2"

Example of play change at line by QB:

1. "43", "2-23", "2-23" (Repeat of live number) (fast trap to right) "Hut"

   NOTE: When audible change is made, snap count is ALWAYS on one.

2. Example of No play change at line by QB.

   "43", "3" (not a repeat of live number)

   "25" (no play change) "3-25" - "Hut" - "Hut"

LINEMEN SHIFT PROCEDURE

1. Center breaks huddle and lines up over ball in snap position.
2. Guards and tackles line up in pre-shift position - elbows on thighs just above knees - knees flexed in coiled position - weight on balls of feet - slight stagger - eyes up - (good football position). Be in position to fire out (or pull) with power and speed, or pass protect on the first sound.
3. The shift is in effect on any count other than 1st sound unless called "Down".
4. Upon hearing the command "43", the line will quickly adjust splits slightly and immediately assume a three-point stance. Accomplish this in a quick, 1, 2, count.

RUNNING BACKS SHIFT PROCEDURE

1. Backs will line up in a pre-shift position as linemen above. Be in position to take off at maximum speed in any forward or lateral direction.
2. Backs will only shift on go or jump calls. "Go" is a single shift. "Jump" is a double shift.
3. Technique will be to run from one formation to another.

   EXAMPLE: Go Split Right - Line up in I Formation. On Command of 1st audible, FB runs quickly to right - HB to left to split right locations and quickly assume 3 point stance.

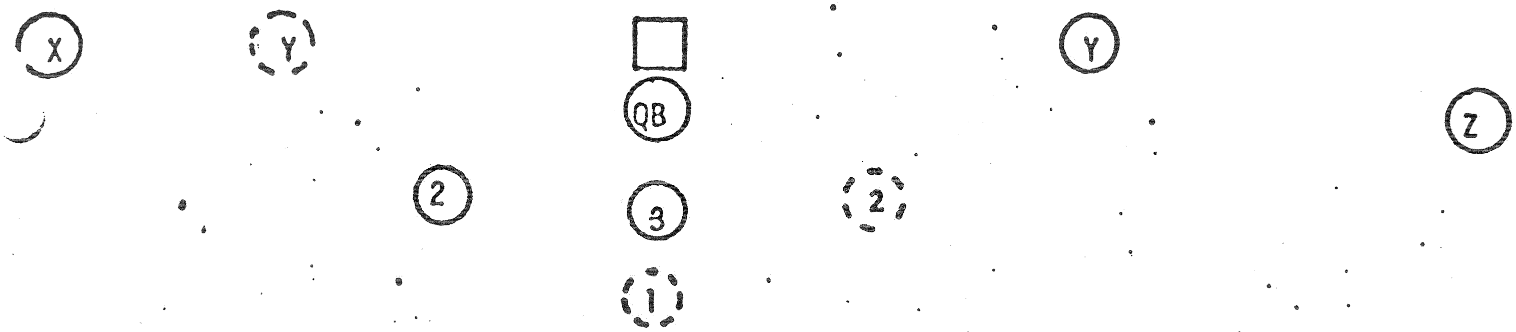
ENDS SHIFT PROCEDURE

1. All wide receivers come out down in a 2 point stance ready to go. A relocation of splits may be utilized.

2. The tight end will come out down in a 3 point stance and will adjust split and go down in unison with linemen on any delayed count.

3. If go or jump, motion cannot start until after audibles are called.

END AND BACKFIELD ALIGNMENT FOR RUNNING PLAYS



We will designate by number and/or letter the position of the running back and ends.

- "Y" - is always the strongside end.
- "X" - is always the weakside end.
- "Z" - is always the flanker and always on the strongside.
- "2" - Back is always the far back and carries all "20" plays.
- "3" - Back is always behind QB in fullback position & carries all "30" plays.
- "4" - Special plays
- TEEN - Tailback is "I" as ball carrier.

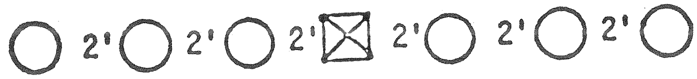
PLAY DESCRIPTION AND DESIGNATION

Plays will be called with formation first and two-digit number following:

EXAMPLE: Opposite Right 29F down on 2.

1. "OPPOSITE" - Designates formation.
2. "RIGHT" - Designates strong side.
3. "2" - First digit designates back carrying the ball.
4. "9" - Second digit designates hole to be blocked and where designated back hits.
5. "F" - Indicates blocking combination.
6. ______ - Could be any combination called.
7. "ON 2" - Indicates snap signal.
8. ____ - Line and backs assume a down (3-point stance) on line-up.
9. JUMP - Opposite right.

A. BASIC LINE SPLITS:



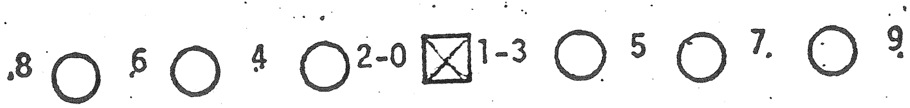
B. BASIC END SPLITS

X		Y		Z	
NEAR	- 1 to 3 yds	NORMAL	- 1 to 3 ft	WING	- 1 to 3 yds
FLEX	- 3 to 6 yds	POC	- 2 to 3 yds	FLOAT	- 4 to 6 yds
		DOUBLE POC	- 4 to 6 yds		

SPREAD LOCATIONS:

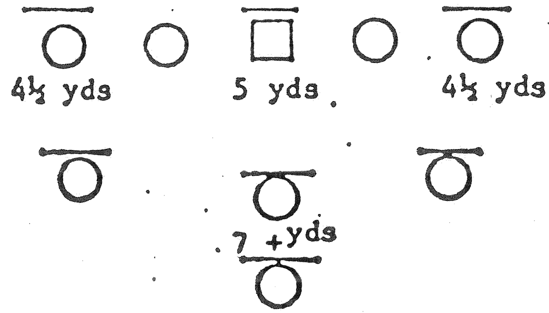
Minimum	- 6 to 8 yds
Normal	- 10 to 12 yds
Maximum	- 12 to 15 yds

C. HOLE NUMBERING:



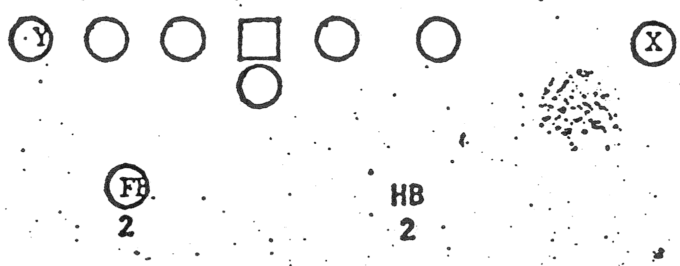
1. The holes are numbered even to theleft and odd to the right.
2. The "0-2" hole is designated by the left leg of the CENTER.
3. The "1-3" hole is designated by tne right leg of tne CENTER.
4. The "4" hole is designated by the left guard left tackle gap.
5. The "5" hole is designated by the right guard right tackle gap.
6. The "6" hole is designated by the left leg of "Y" LEFT.
7. The "7" hole is designated by the right leg of "Y" RIGHT.
8. The "8" hole is a wide play to the LEFT.
9. The "9" hole is a wide play to the RIGHT.

C. Depth of Backs:

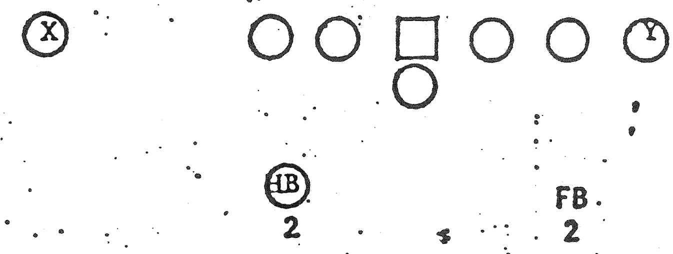


1. FB directly behind QB, with hand slightly less than 5 yards from ball.
2. HB split the inside leg of the tackle with the hand 4½ yards from ball.
3. In I formation, FB's feet at slightly less than 5 yards, HB's feet at slightly more than 7 yards.

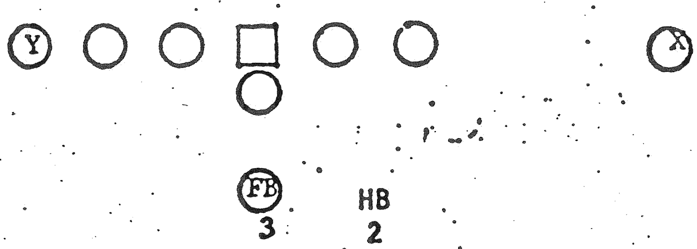
SPLIT LEFT



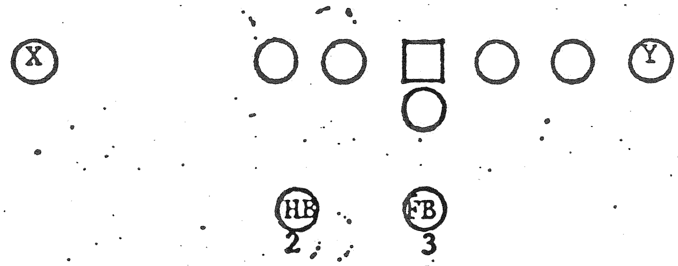
SPLIT RIGHT



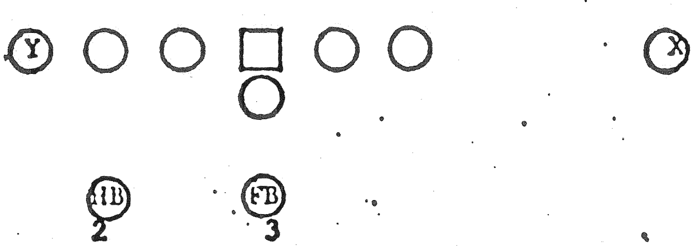
OPPOSITE LEFT



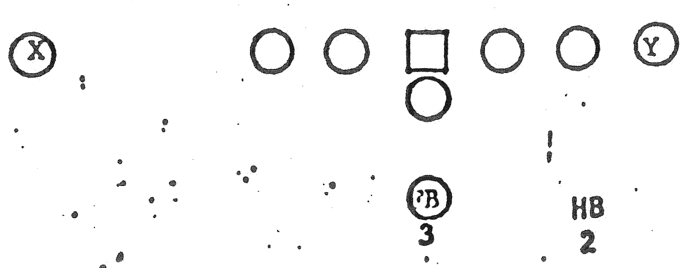
OPPOSITE RIGHT



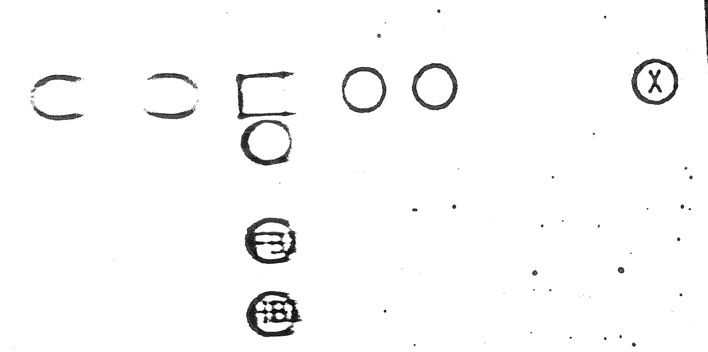
STRONG LEFT



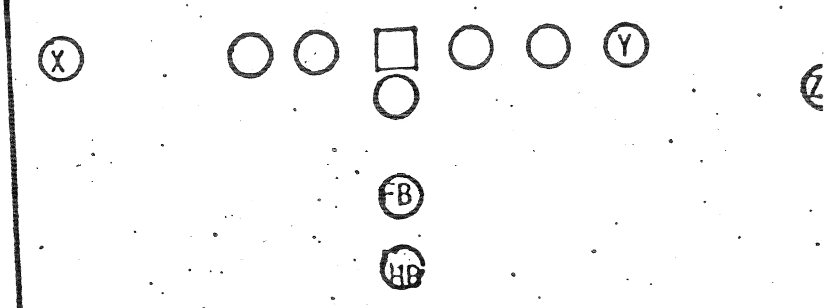
STRONG RIGHT



I LEFT



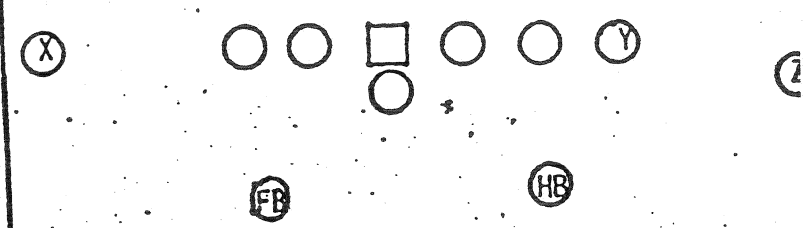
I RIGHT



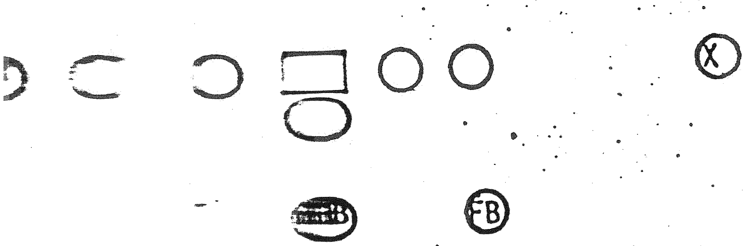
SWITCH LEFT



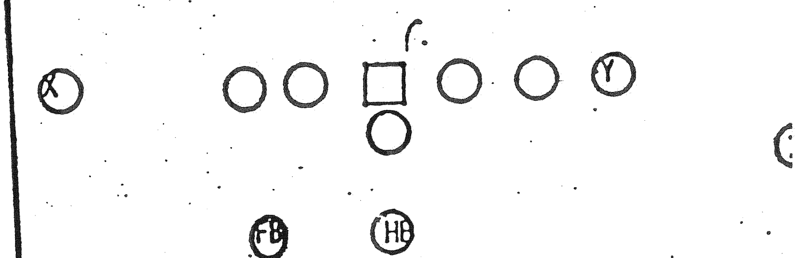
SWITCH RIGHT



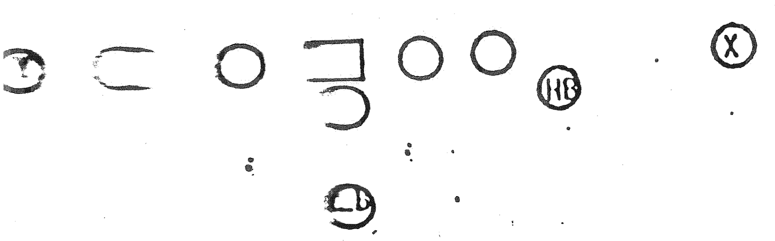
OPPOSITE LEFT SWITCH



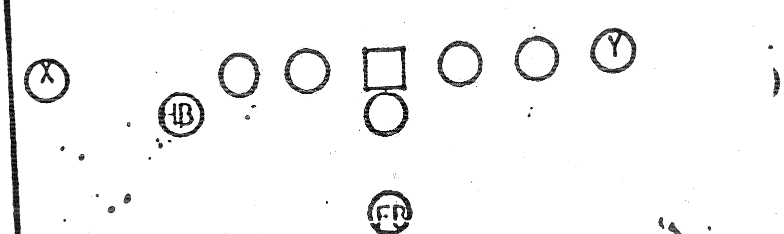
OPPOSITE RIGHT SWITCH



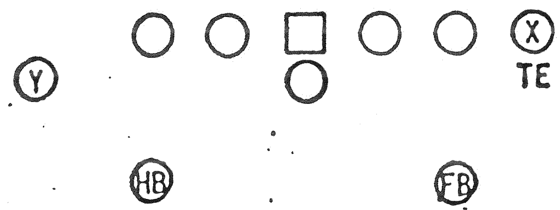
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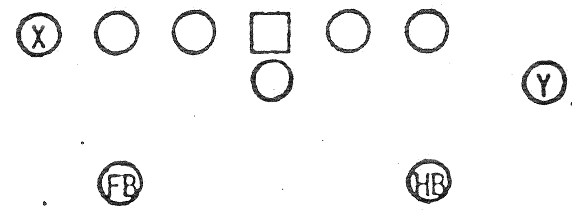
DOUBLE RIGHT



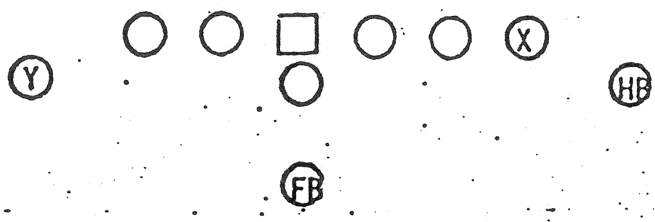
SPLIT SLOT LEFT



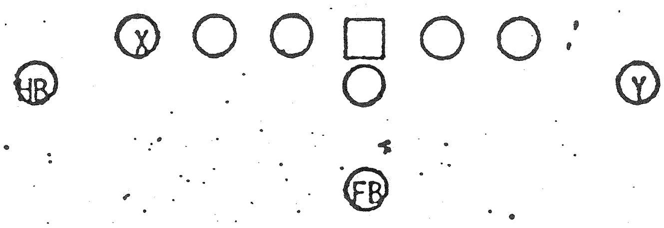
SPLIT SLOT RIGHT



ACE LEFT

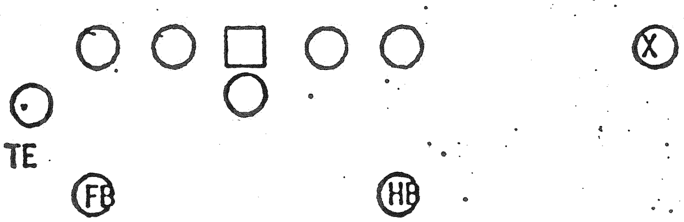


ACE RIGHT

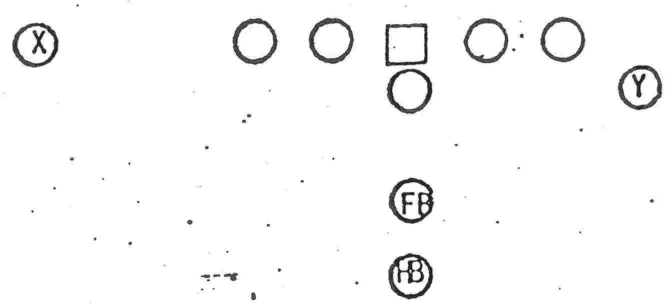


TE = TE ALWAYS SLOW BLOCK UNLESS
CALLED IN PATTERN)
FAR = HB SPLITS OUT AND TAKES PLACE OF X)

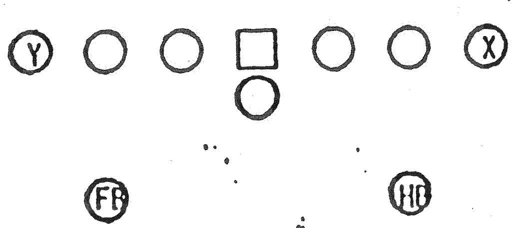
SPLIT LEFT "Y OFF"



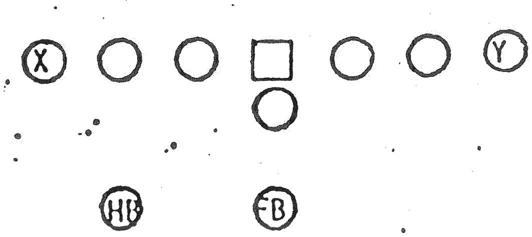
I - RIGHT -"Y OFF"



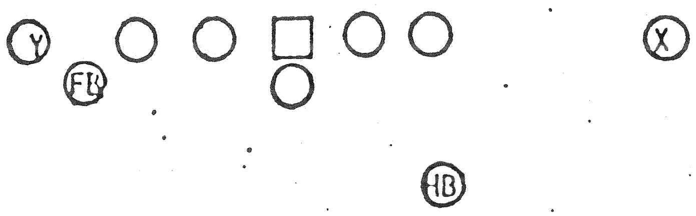
SPLIT LEFT NEAR



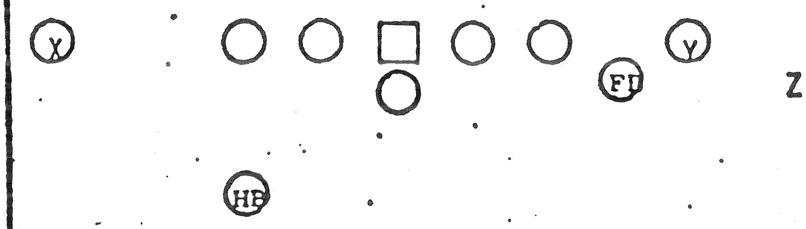
OPPOSITE RIGHT NEAR



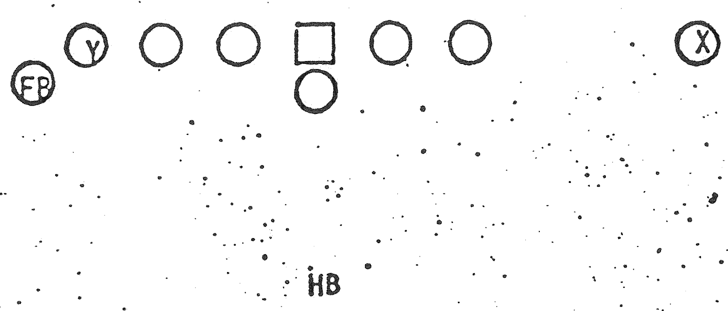
TREY LEFT - CHANGE



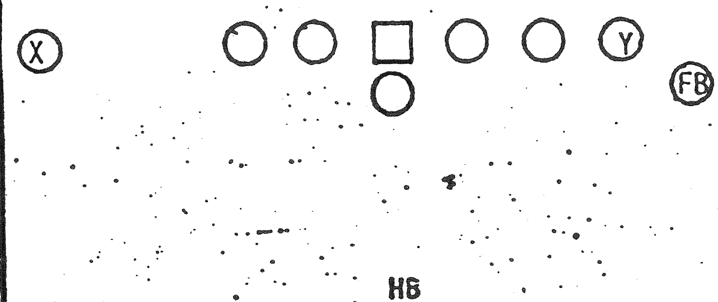
TREY RIGHT - CHANGE



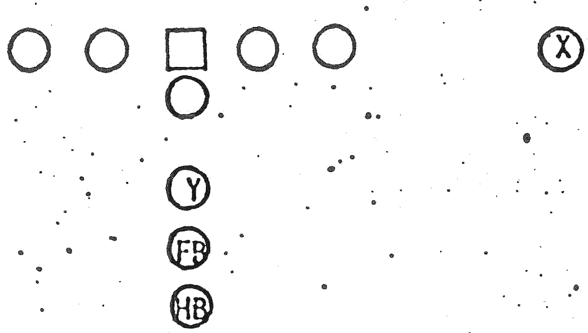
TRIPLE LEFT



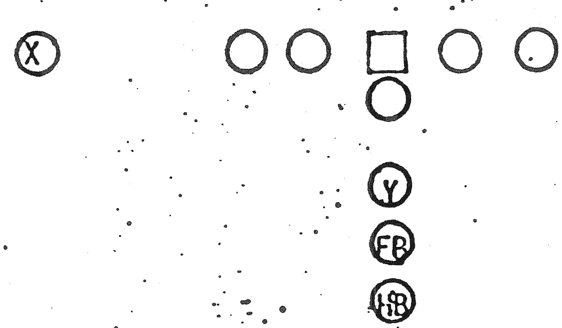
TRIPLE RIGHT



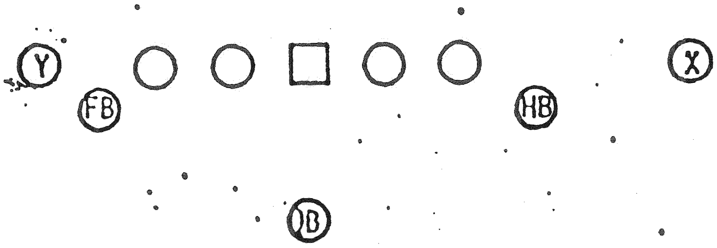
I LEFT - Y



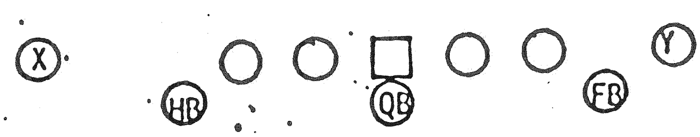
I RIGHT - Y



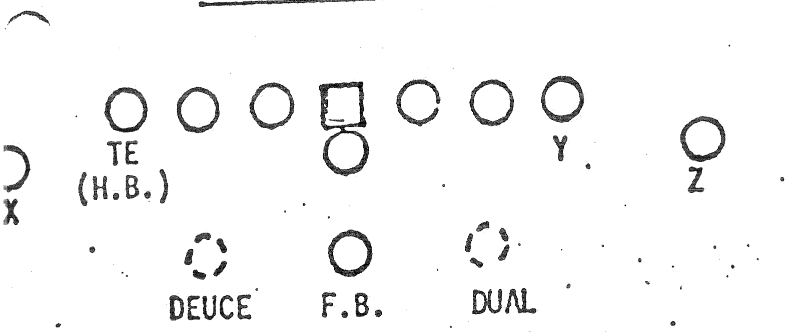
SPREAD LEFT CHANGE SHOT GUN



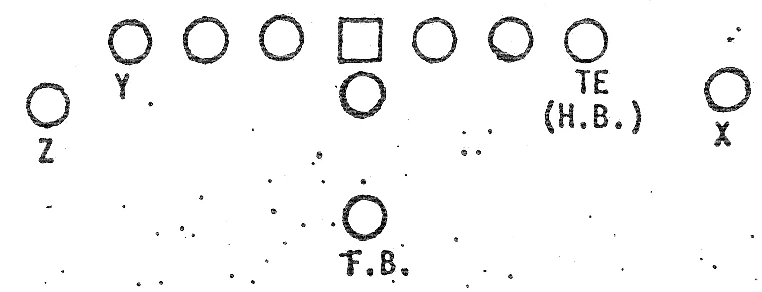
SPREAD RIGHT - CHANGE



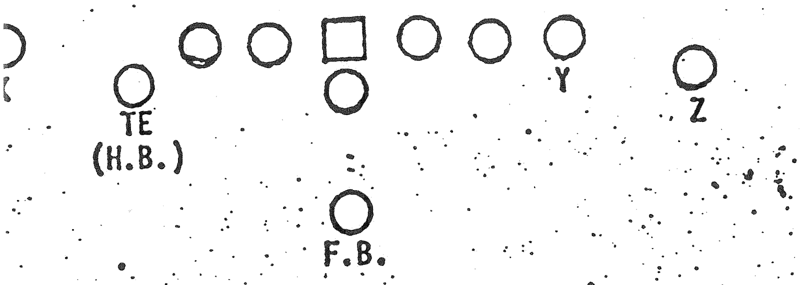
BLIZZARD RIGHT



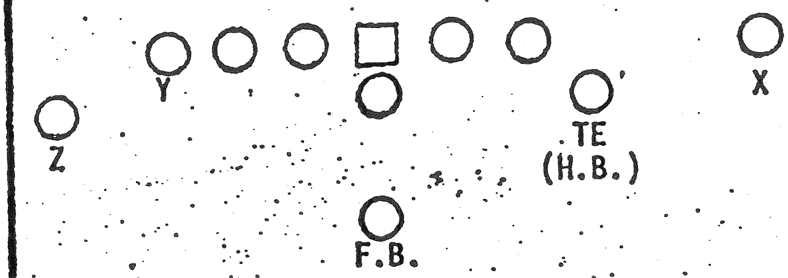
BLIZZARD LEFT



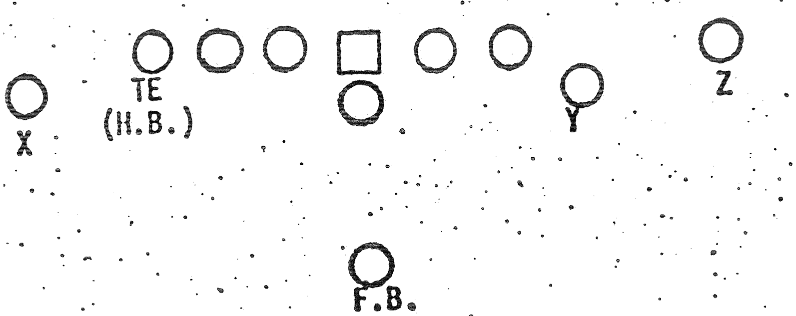
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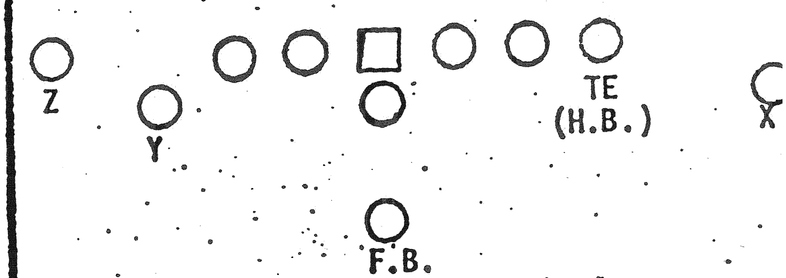
BLIZZARD LEFT - OFF



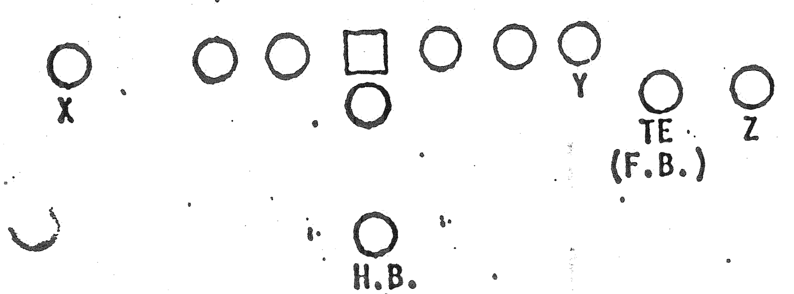
BLIZZARD RIGHT - Y - OFF



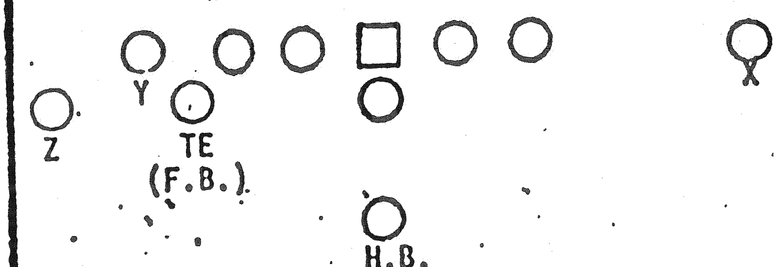
BLIZZARD LEFT - Y - OFF



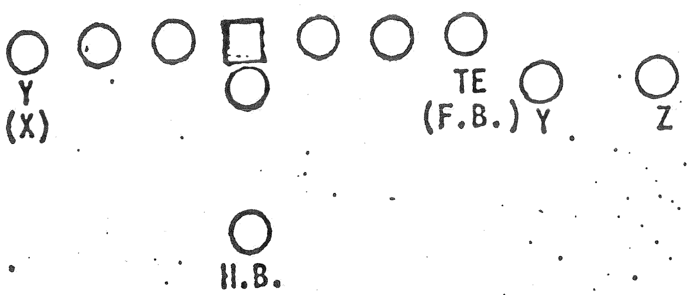
THUNDER - RIGHT



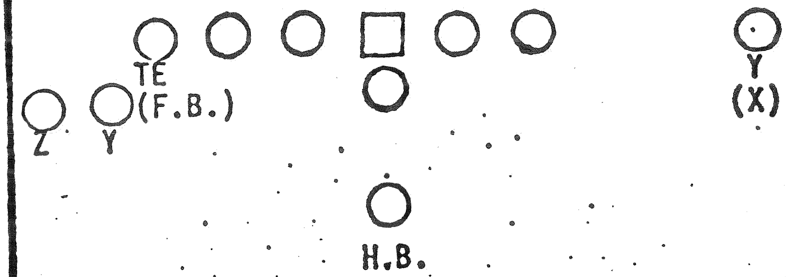
THUNDER - LEFT - WITCH



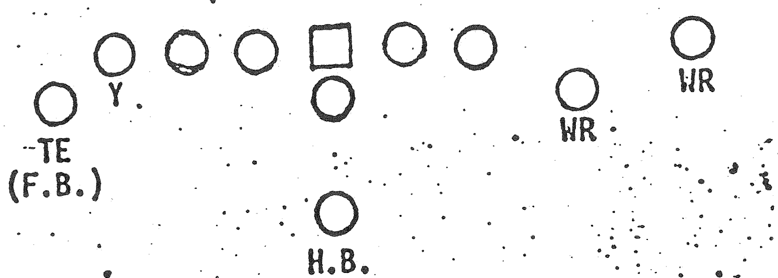
LIGHTNING - RIGHT



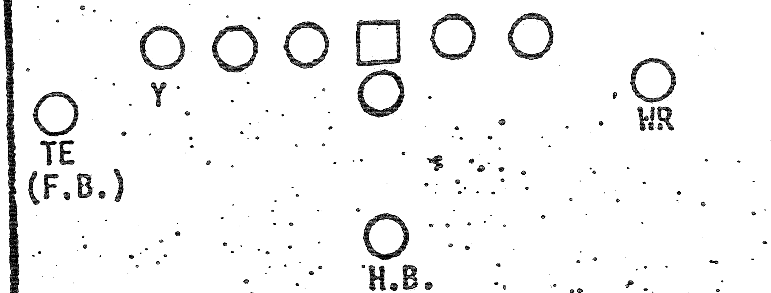
LIGHTNING LEFT - OPEN



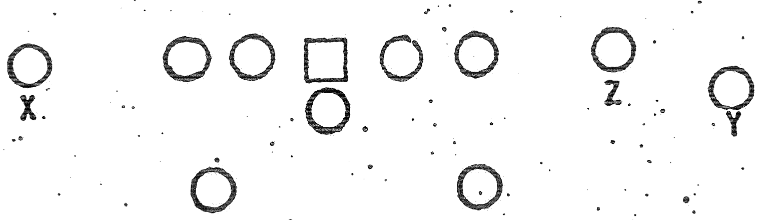
ACE RIGHT - WING 2

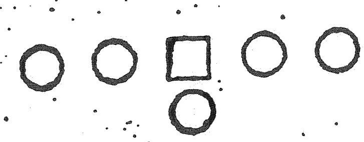


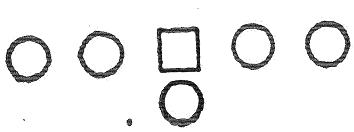
ACE RIGHT - WING 2 - FAR

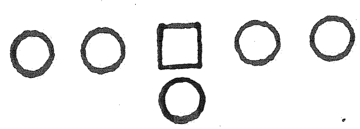


SPLIT RIGHT - Y - OUT









PHILOSOPHY - The reaction time by the defense to tendencies by formation can be reduced by the use of multiple formation looks. This, plus the changing of the strength of the formation can force audibles, communication and possibly create mistakes and reduce the aggressiveness of some defenses. This flexibility can be accomplished with a minimum burden to a well disciplined and imaginative offense. Time and precision are important. The offense must be able to give the defense 3 different formation looks in 10 seconds of elapsed time from the huddle break to the snap. This could be done with a double shift and a strength change with the use of motion. It will be imperative that the huddle is formed, play called, and huddle broken in precise time so as not to crowd the 30 second clock.

1. SHIFTING

A. BACKS SHIFTING

1. Single Shift - The term "GO" called prior to the formation will indicate a single shift.

   Example: GO - OPPOSITE RIGHT - 36 - on 2

   The movement of the backs will be triggered on the 1st. Audible. count. (2-54). Both backs may shift simultaneously or FB can shift first on 1st Audible - HB on 2nd Audible.

2. Double Shift - The term "JUMP" called prior to the formation will indicate double shift. First shift on 1st Audible, second shift on the 2nd audible.

B. X - Z SHIFTING

1. X and Z may adjust locations (splits) unless the backfield jumps. Move on the "Sound".

2. Z - shifts on or off the line on Y adjustments.

C. Y SHIFTING

1. "Y" - Call in huddle. "Y" shifts from "Y" off or Y locations to on the line position. "Z" would shift back off the line.

2. Y over - Huddle call. "Y" shifts opposite side to change strength. Y then shifts on first sound.

II. Z, X, Y LOCATIONS IN BACKFIELD

A. Z LOCATIONS IN BACKFIELD

1. Strong - On the strongside of formation
2. Weak - On the weakside of formation
3. Stack - Middle
4. Zip - Anywhere in backfield

B. X IN THE BACKFIELD

1. Double Wing X Stack - In middle of formation. HB lines up on the line.

C. Y IN THE BACKFIELD

1. Y call he lines up in backfield, location determined by formation.

III. MOTION

A. Z MOTION

Movement is triggered by QB foot movement.

1. Zoom - Motion across formation - changes strength. "Z" will line up opposite the side of strength called. Z's motion carries him to formation called.
2. Zing - Short motion at pre-determined distance outside "Y" on snap.
3. Zak - Motion to a point behind the tight end area on the snap.
4. Zip - Motion from any position in the backfield to formation called in huddle.
5. Zing Away - Motion away from formation.

B. Y MOTION

1. Yum - Set off the line (Y off). Motion across formation to change strength to formation called in huddle.
   (a) May call "YUM SET" - To motion and set (stop) "Y" on the opposite side.
   (b) Fake Yum - Start motion and return to original position.
2. Yaz - Motion toward "Z". Strength stays same.
3. Yak - Short motion toward center.
4. Flanker - Short motion toward the center.
5. Ying - Y in Out position, motion toward center.

C. X MOTION

1. Double Wing - "X" motion - X lines up off the line with H.B. on the line and goes in motion to pre-determined snap point.
2. Double Wing - "X" long motion

D. BACKS MOTION

1. Backs will be put in motion by the use of the terms FLY, BAY AND T.

   a. Fly - Motion toward the tight end

   b. Bay - Motion away from the tight end

   c. T - Short motion by H.B. - F.B. to secure play position

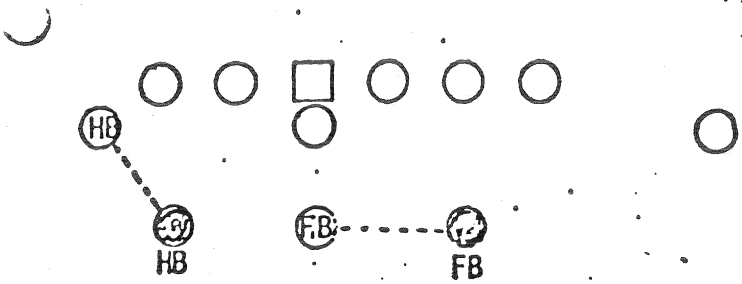
2. Fly and Bay will apply to the back who is not the ball carrier on a run play and to the back who has no blocking responsibility on a pass play.

3. T Motion - Short motion by H.B. or F.B., Fly or Bay, to secure proper position to execute T38-39 - T28-29 as called in huddle.

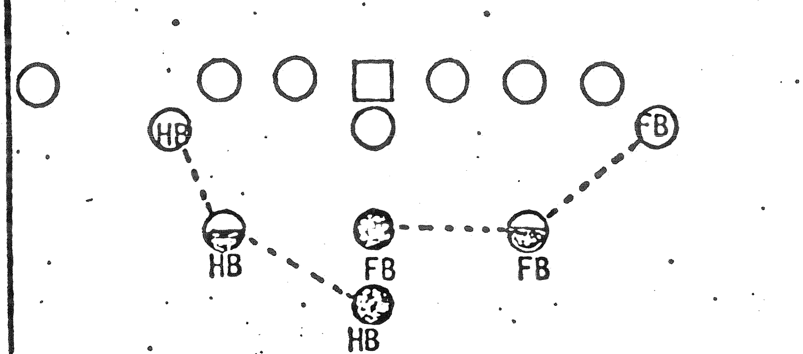
C.P. On all motion, except Zing, T48-49 is activated by the QB.

SHIFTING

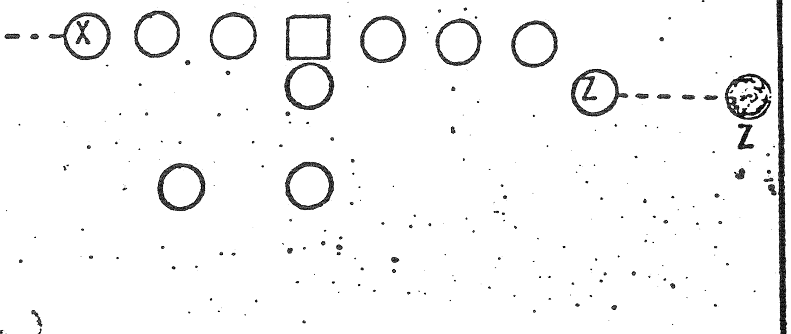
"GO" - SINGLE SHIFT



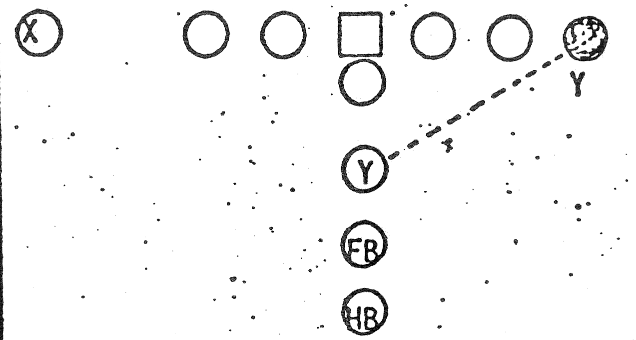
"JUMP" - DOUBLE SHIFT



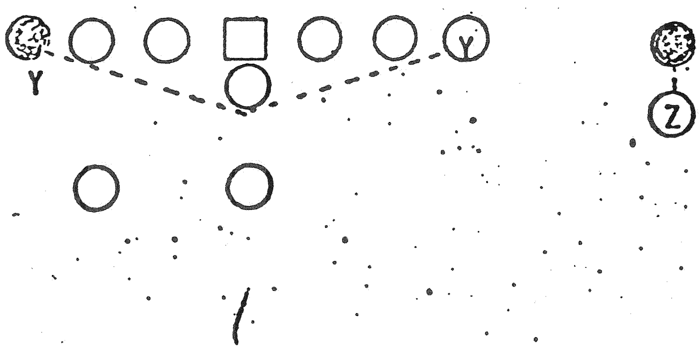
X AND Z SHIFTING



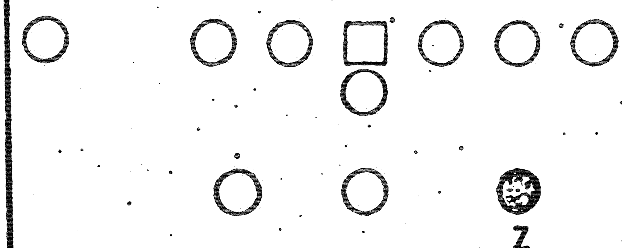
"Y" CALL



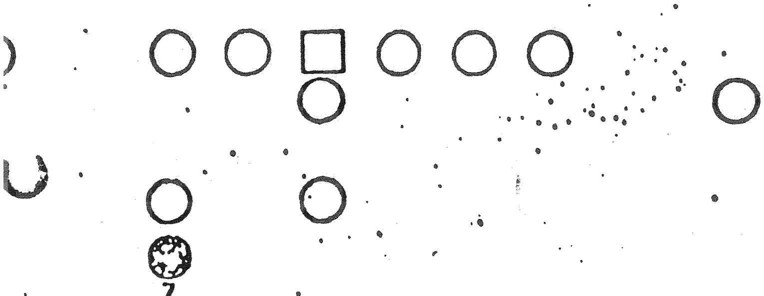
"Y" OVER



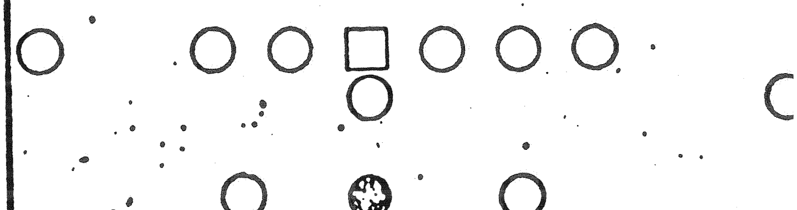
"Z" STRONG



"Z" WEAK

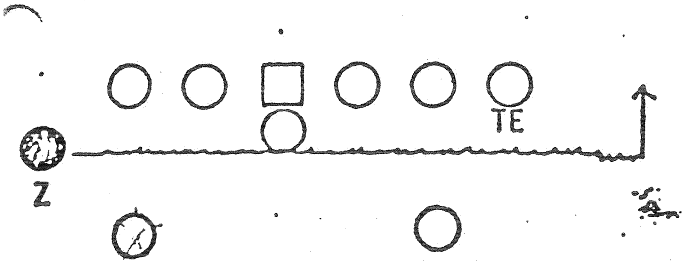


"Z" STACK

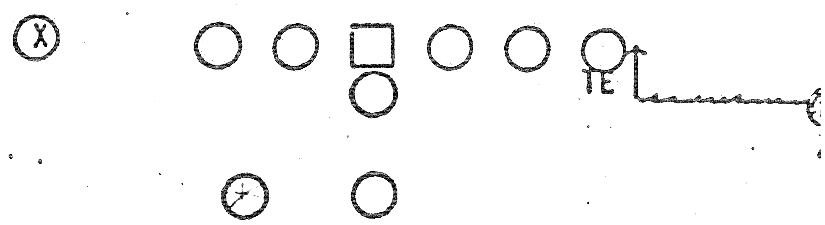


Z AND Y MOTION

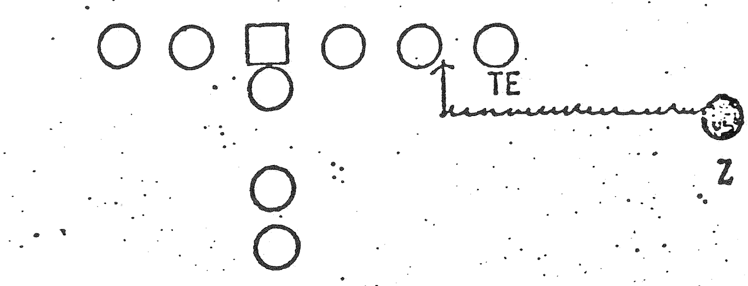
SPLIT RIGHT "ZOOM"



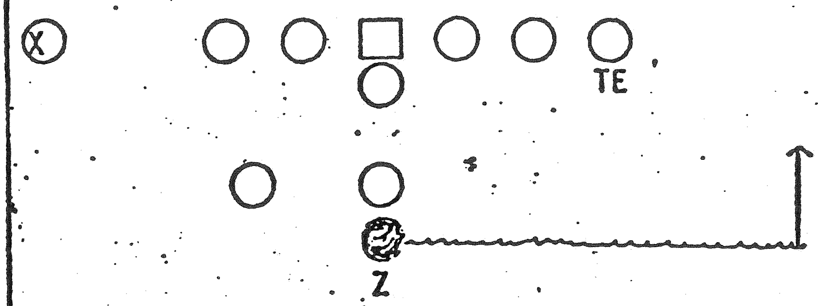
OPPOSITE RIGHT "ZING"



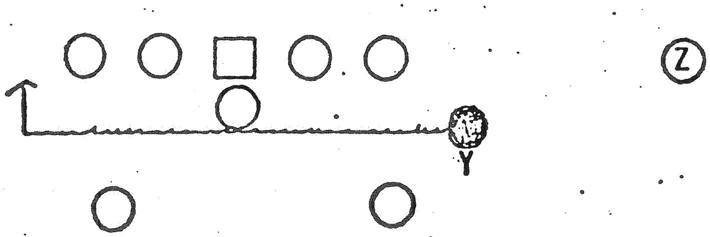
I RIGHT "ZAK"



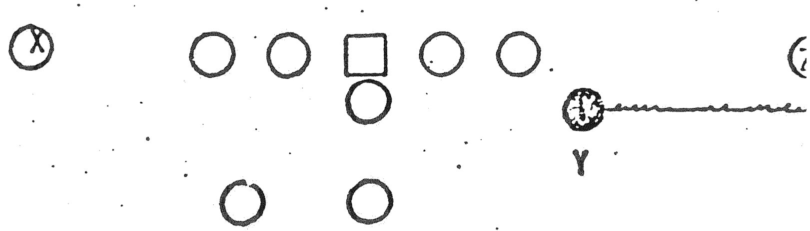
OPPOSITE RIGHT "ZIP"



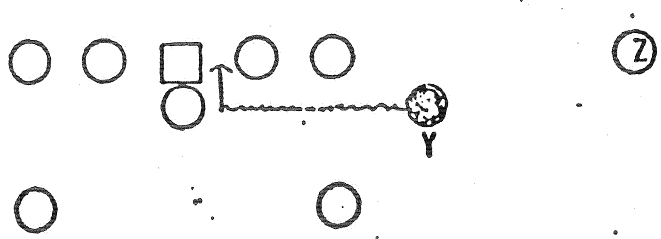
SPLIT LEFT "YUM"



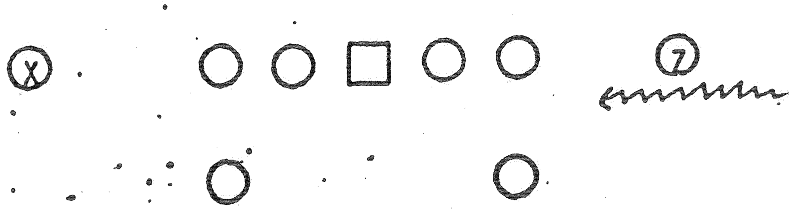
OPPOSITE RIGHT "YAZ"



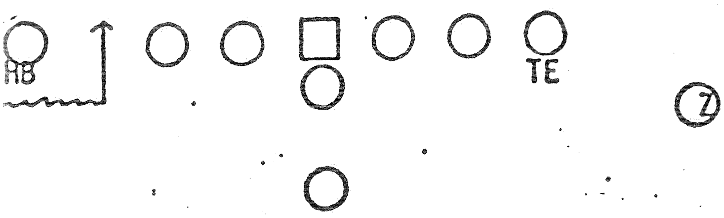
SPLIT RIGHT "YAK"



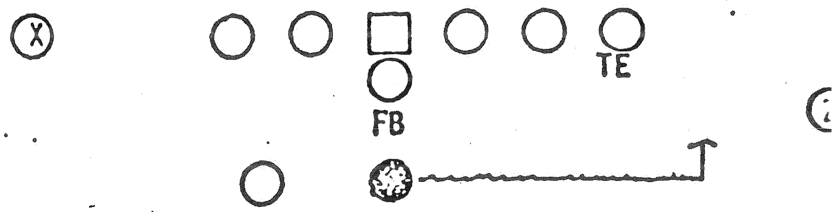
SPLIT - RIGHT - Y OUT - ZING



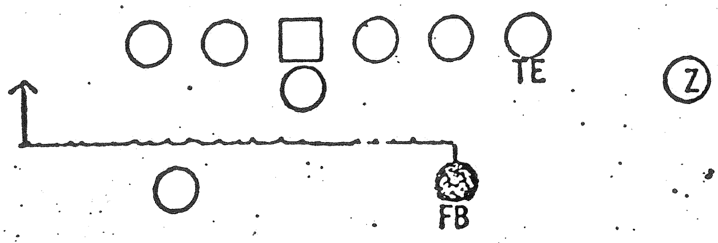
DOUBLE RIGHT X MOTION



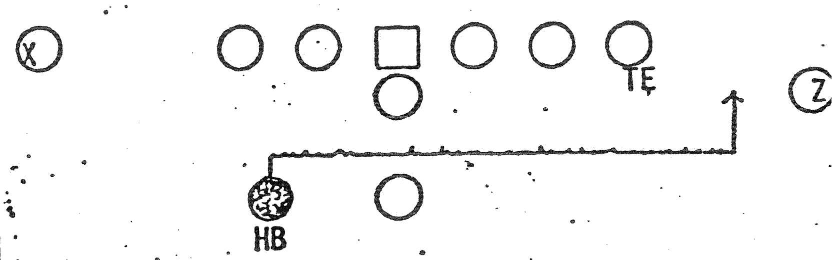
OPPOSITE RIGHT "FLY"



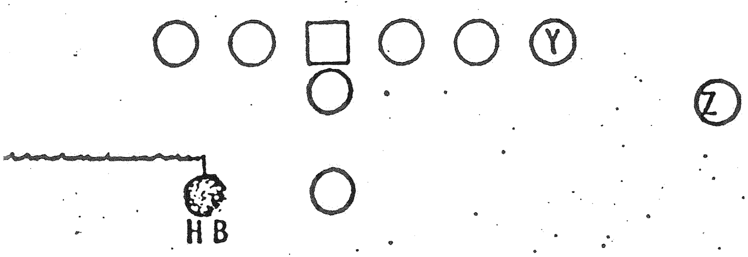
SPLIT RIGHT "BAY"



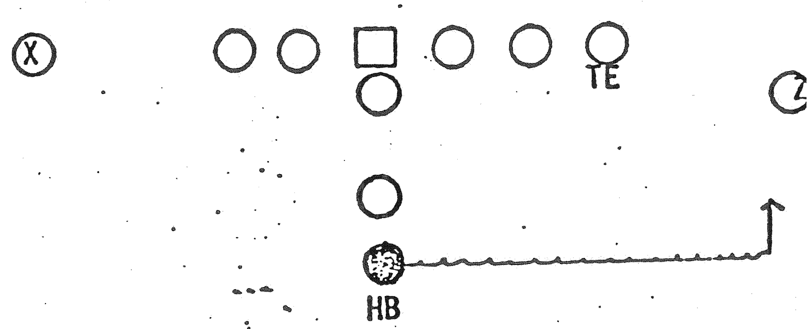
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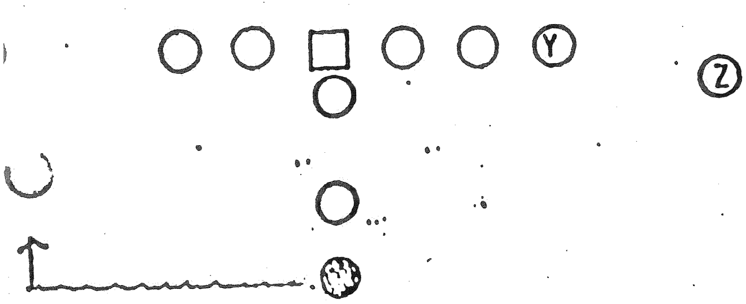
OPPOSITE RIGHT "BAY"



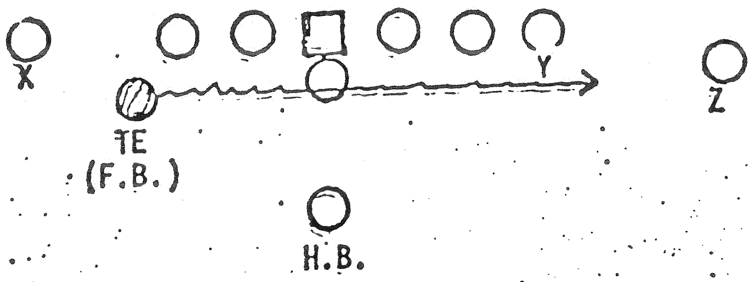
I RIGHT "FLY"



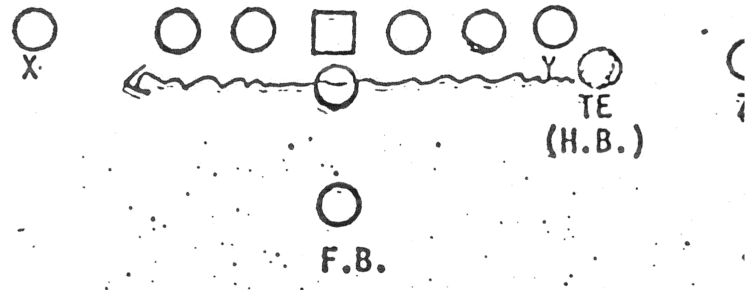
I RIGHT "BAY"



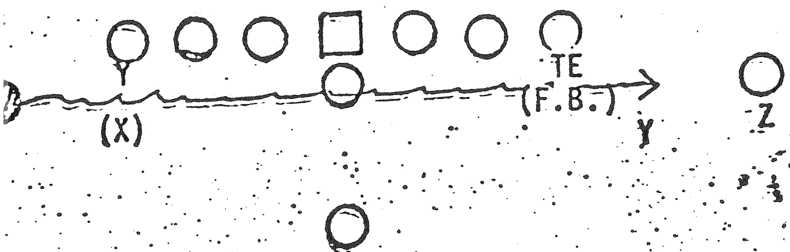
THUNDER - RIGHT - FLY

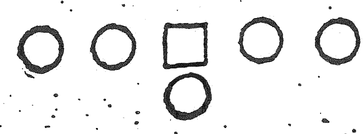


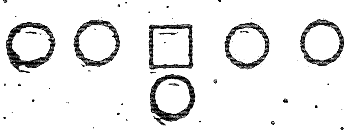
BLIZZARD RIGHT - BAY

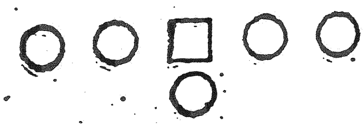


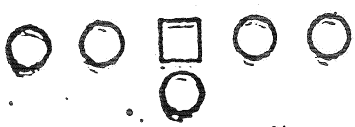
LIGHTNING - RIGHT - ZOOM

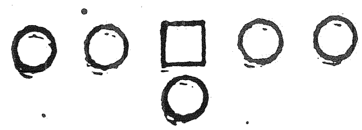












DAILY SCHEDULE - 1982 MINI CAMP

SAT., MAY 8th	7:30 - 9:00 A.M.	TAPING
	9:00 A.M.	ORIENTATION - TEAM MEETING
	10:30 AM	ON THE FIELD
	12:15 PM	LUNCH
	1:15 P.M.	SPECIAL TEAMS MEETING
		QUARTERBACK MEETING
	1:45 P.M.	TEAM MEETING
	2:45 P.M.	ON THE FIELD
SUN., MAY 9th	7:30 - 9:00 A.M.	TAPING
	9:00 A.M.	ORIENTATION - TEAM MEETING
	10:30 A.M.	ON THE FIELD
	12:15 P.M.	LUNCH
	1:15 P.M.	SPECIAL TEAMS MEETING
		QUARTERBACK MEETING
	1:45 P.M.	TEAM MEETING
	2:45 P.M.	ON THE FIELD

(ALL VETERANS REPORT FOR ORIENTATION, MAY 10, AT 8:00 A.M.)

MON., MAY 10th	7:30 - 9:00 A.M.	TAPING
	9:00 A.M.	ORIENTATION - TEAM MEETING
	10:30 A.M.	ON THE FIELD
	12:15 P.M.	LUNCH
	1:15 P.M.	SPECIAL TEAMS MEETING
		QUARTERBACK MEETING
	1:45 P.M.	TEAM MEETING
	2:45 P.M.	ON THE FIELD
TUE., MAY 11th	7:30 - 9:00 A.M.	TAPING
	9:00 A.M.	SPECIAL TEAMS MEETING
		QUARTERBACK MEETING
	9:30 A.M.	TEAM MEETING
	10:30 A.M.	ON THE FIELD
	12:15 P.M.	LUNCH
	1:15 P.M.	SPECIAL TEAMS MEETING
		QUARTERBACK MEETING
	1:45 P.M.	TEAM MEETING
	2:45 P.M.	ON THE FIELD

INDEX

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STANDARD BACK BLOCKS - - - - - - - - -	12 - 15

BLOCKING COMBINATIONS, CALLS & TECHNIQUES

This section is to clearly define blocking combinations, lineman calls, and blocking techniques. They are combined in this section because in many plays they overlap and some instances are interchangeable. It also gives Players and Coaches a means of communication.

BLOCKING COMBINATIONS: Terms used under this category gives the Player the entire blocking scheme used at the point of attack and includes any offensive lineman and some plays; it also involves the offensive backs. Normally put into categories by the hole numbers; such as, 0-1 hole combinations, 4-5 hole combinations, etc.

CALLS: At times it is necessary to adjust or change the blocking combination at the L.O.S. This is accomplished by use of words which alert offensive lineman that there is a change at some point; such as, Joe, Cut, Slip, etc. The call can in some plays be an alternate blocking combination.

BLOCKING TECHNIQUE: When we refer to technique we mean the exact steps and method in detail of how to execute the block; such as, Scramble, Butt, Cut, etc. With certain plays the call is a combination of the call and blocking technique. With a blocking combination there are several blocking techniques involved. All blocking techniques are completely detailed - Offensive Lineman section.

A thorough and complete understanding of section is a must for Offensive Lineman. It is our Bible and we must eliminate any misunderstanding. If there is any doubt, we must eliminate now and not wait until it comes up in a ball game.

BLOCKING AND CALLS BY POSITION

Players at each position must learn the blocking combinations and calls.

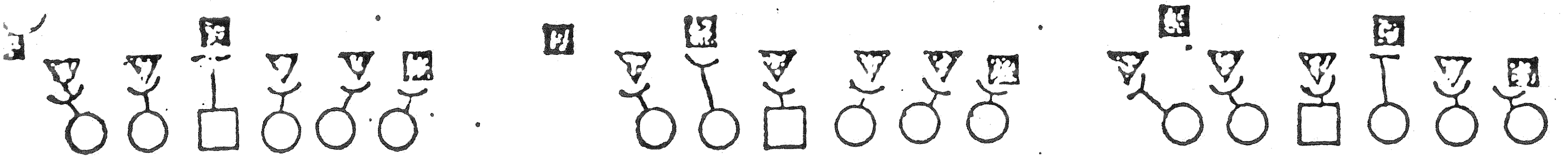
CENTERS	GUARDS	TACKLES	Y	X-Z
H	H	H	H	CRACK
C	SWITCH	SWITCH		SIFT
ACE	ACE	ACE		REACT
CLUB	CLUB	CLUB		JILL
X	SPADE	SPADE		SAM
A	X	X		CORNER
B	A	A	A	
O	B	B	B	
TRAP	O	O		
ODD	TRAP	TRAP		
EVEN	ODD	ODD		
GAP	EVEN	EVEN		
I	GAP	GAP		
SINGLE	I	I		
POWER	SINGLE	DOUBLE	SAM	
TAG	POWER	POWER		
WIPE	TAG	TAG	POWER	
SLIDE	WIPE	FOLD	FOLD	
DOUBLE	SLIDE	SLIDE	SLIDE	
TRIPLE	TRIPLE	TRIPLE	TRIPLE	

CENTERS	GUARDS	TACKLES	Y	X-Z
REACH	REACH	REACH	REACH	
YOU-ME	YOU-ME	YOU-ME		
	SIFT	SIFT	SIFT	
LOG	LOG	LOG		
SLIP	SLIP	SLIP	SLIP	
SCOOP	SCOOP	SCOOP	SCOOP	
WEDGE	WEDGE	WEDGE	WEDGE	
OPTION	OPTION	OPTION		
CUT	CUT	CUT		
CAP	CAP	CAP		
HOLD	HOLD	HOLD		
		BAT		

PASS PROTECTION

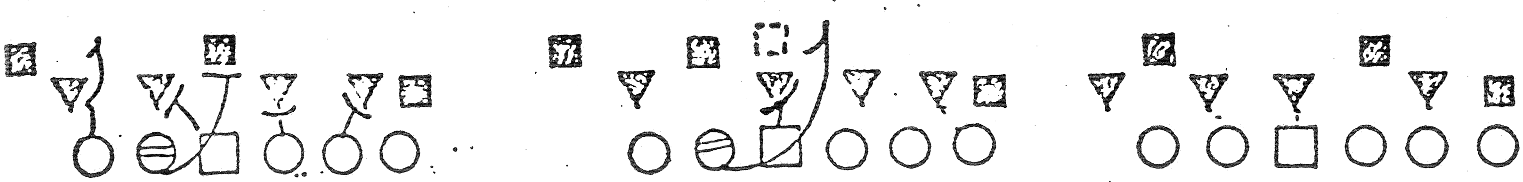
CENTERS	GUARDS	TACKLES	Y	X-Z
AREA	AREA	AREA	AREA	
RIP-LIZ				
SLIDE	SLIDE	SLIDE	SLIDE	
	SWITCH	SWITCH	SWITCH	
			SLOW	
R-L	R-L	R-L	R-L	
RESPONSE	RESPONSE	RESPONSE		
ROGER	ROGER	ROGER	ROGER	
LARRY	LARRY	LARRY	LARRY	
		LOU		
		ROSE		

"M" Means Man for Man blocking technique to be used. Will be determined by the play called. ("M" applies to all holes).

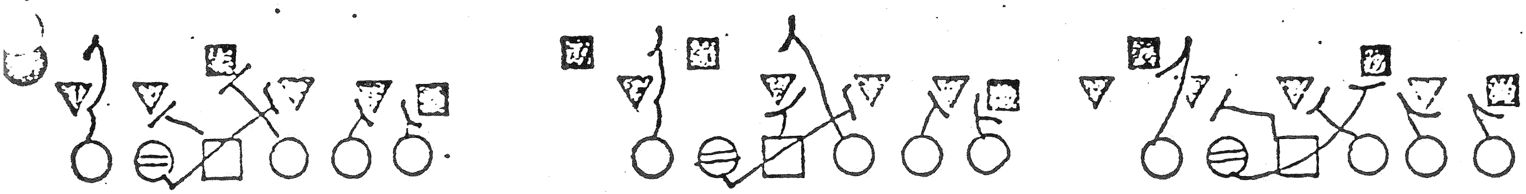


VS. "L" - BIGMAN RUL

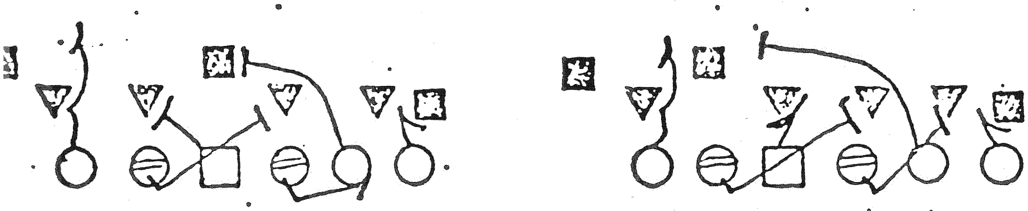
"C" A blocking combination between the Center and offside Guard in which the Center blocks back and Guard drop steps around Center for Mac.



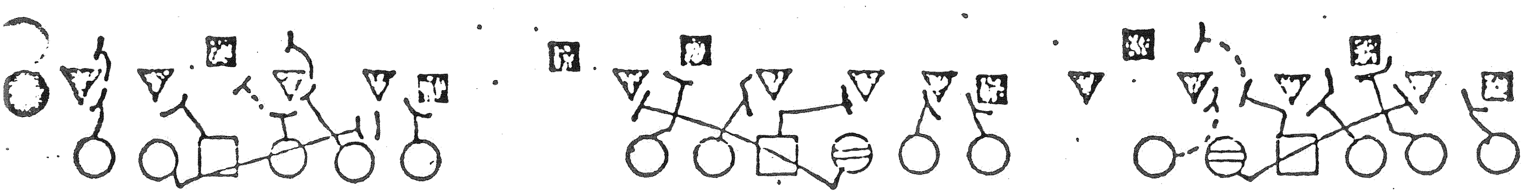
2&3 2-3 hole trap blocking with Center blocking man over or back, with the onside Guard going thru for Mac and off Guard trapping the first man beyond the Center (normally DT).



CLUB 2-3 hole trap with Center blocking man over or back, with the onside Guard turning out and block the DE and the onside tackle blocking Mac.

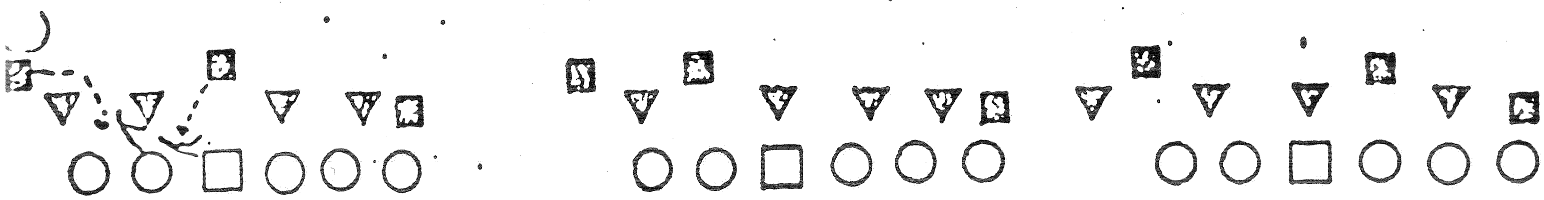


4 & 5 4-5 hole trap used vs. all defenses. A blocking combination involving the onside Guard, Tackle and Center.

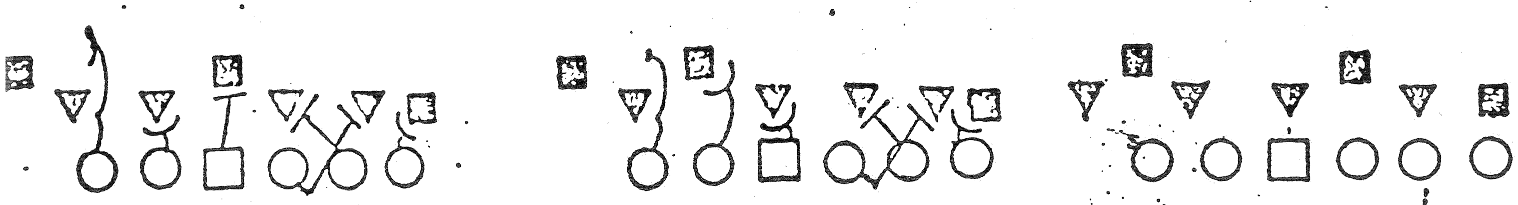


BLOCKING COMBINATIONS, CALLS AND TECHNIQUES

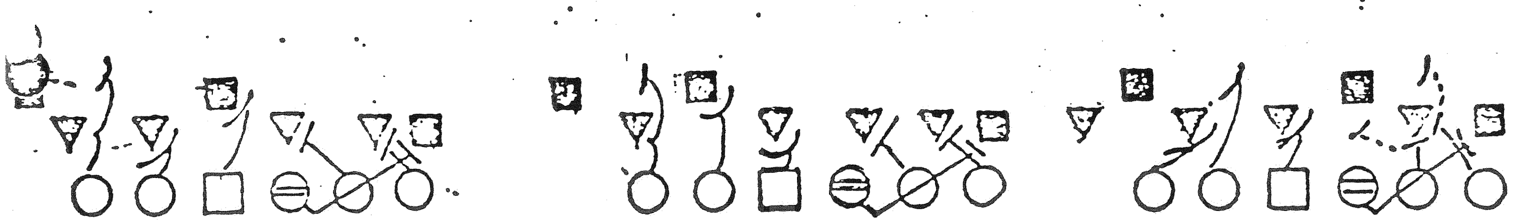
REACH . A blocking technique and adjustment made by lineman to block onside



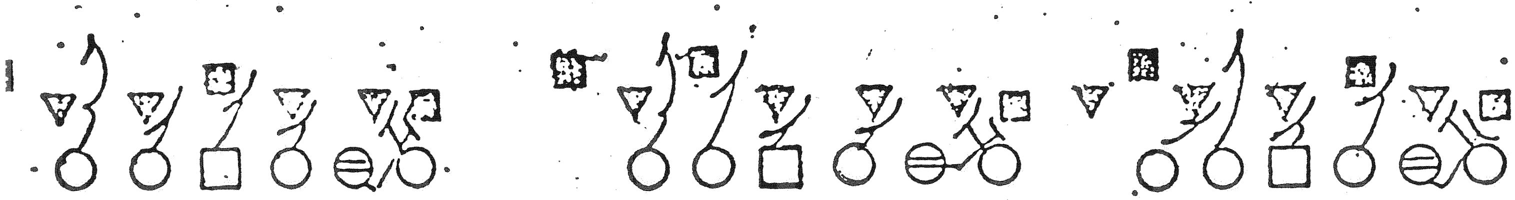
"X" A 4 & 5 hole blocking combination between the onside Guard and Tackle. Executing a cross block, the OT is going first.



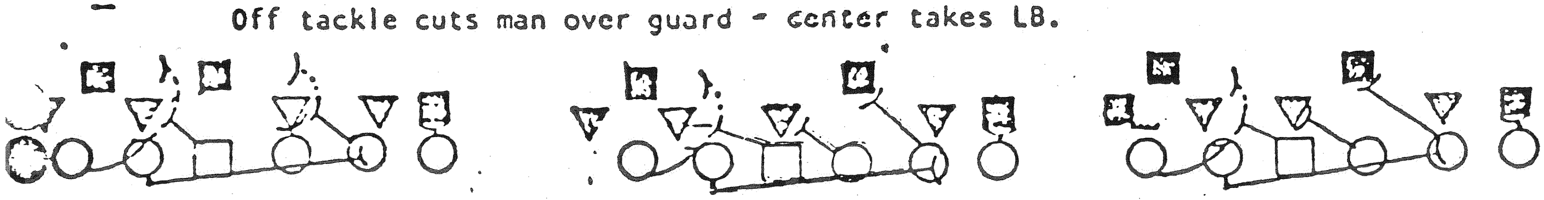
"A" The onside Guard pulls and blocks outside of the hole while the Tackle and End are blocking down. A 6 & 7 hole blocking combination.



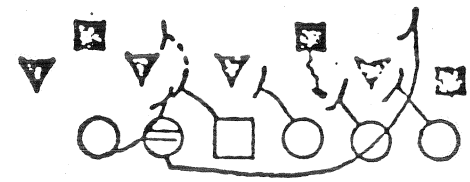
"B" A 6 & 7 hole blocking combination, a cross block involving the OT and TE, with TE going first.



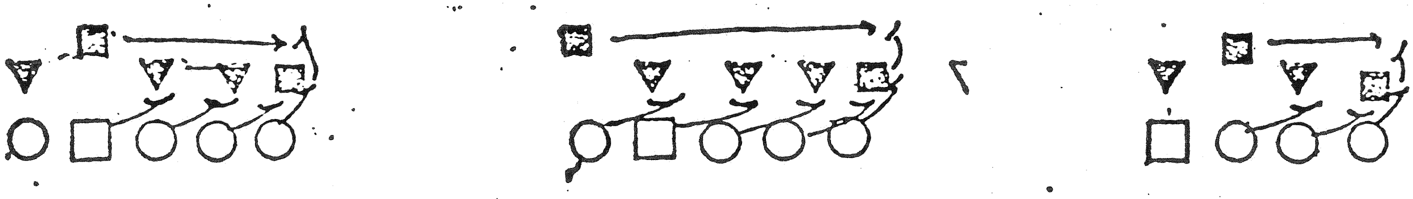
"O" Call used vs LB in "L" or stacked position when off guard pulls. Off tackle cuts man over guard - center takes LB.



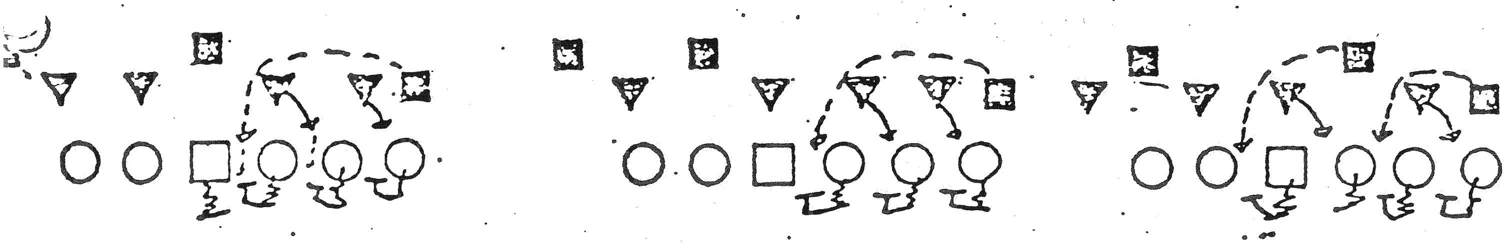
GAP Alert call by the onside lineman in a power block situation enabling one lineman to release and block the defensive man moving to his inside gap. (6-7 power block)



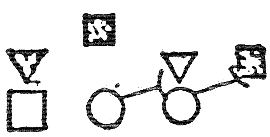
Triple - reach by guard - Tackle - TE.



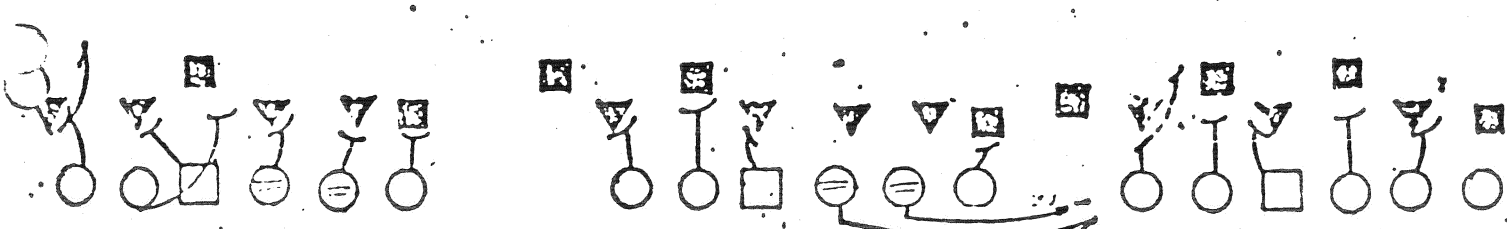
AREA A call by lineman to pass protect their area.



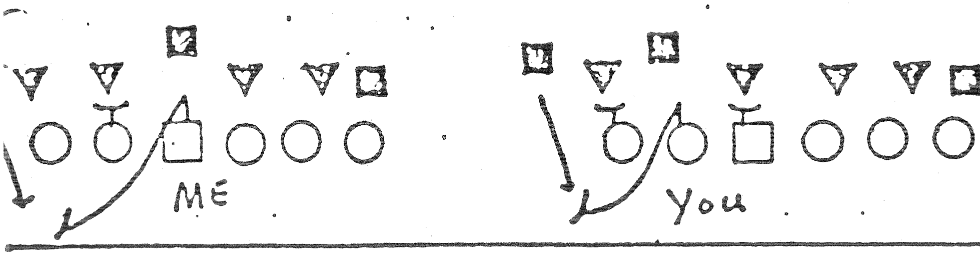
SLIDE A call made by offensive lineman to change a blocking assignment on the called side.



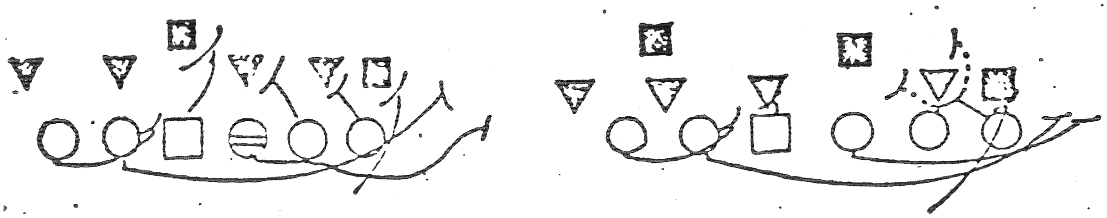
"I" Tells the guard and tackle to pull or influence to the side the play is called.



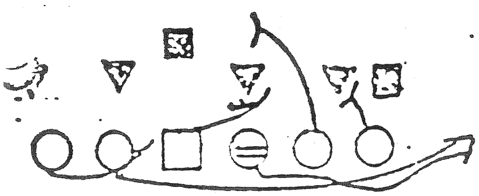
YOU-ME Call between center - guard as to who has the outside linebacker.



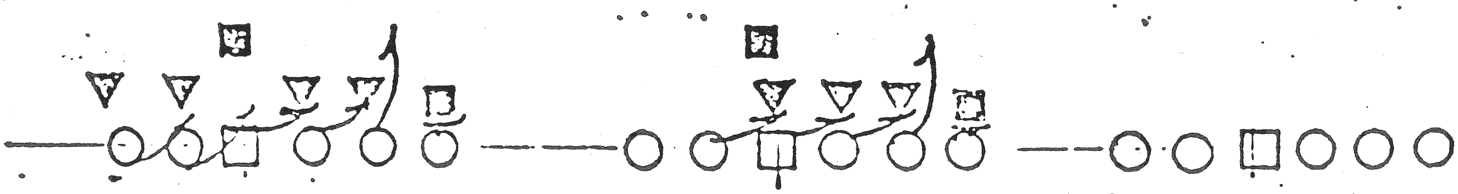
ODD A blocking combination used on the onside 8 & 9 hole plays between OG, OT and C. Onside guard pulling, OT down block and Center on Mac.



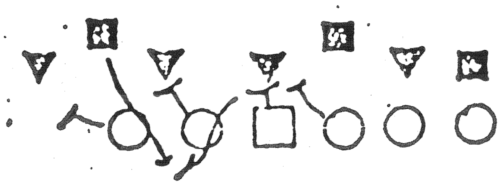
EVEN A blocking combination used on the onside 8 & 9 hole plays between OG, OT and C. Guard pulling, Center on a cut blocq and OT blocking Mac.



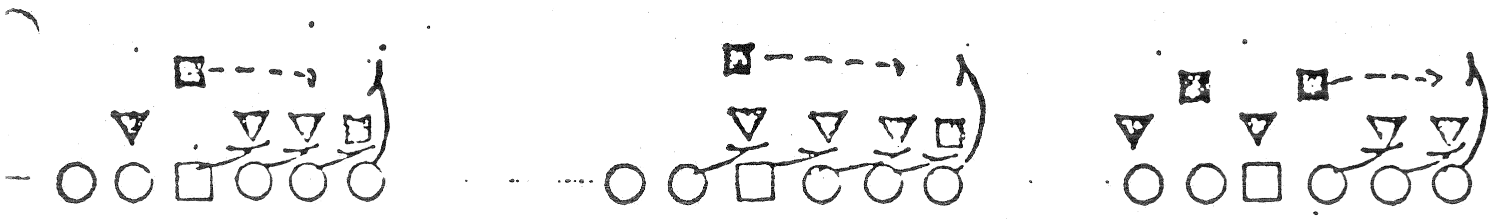
DOUBLE A blocking combination that involves the offensive guard and tackle.



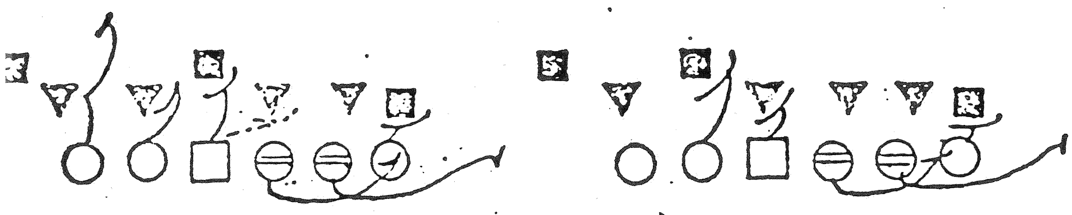
R-L Center - guard slide to side of call.



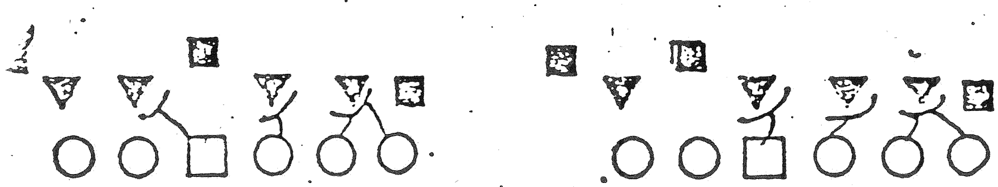
TRIPLE A blocking combination that involves the guard, tackle and tight end.



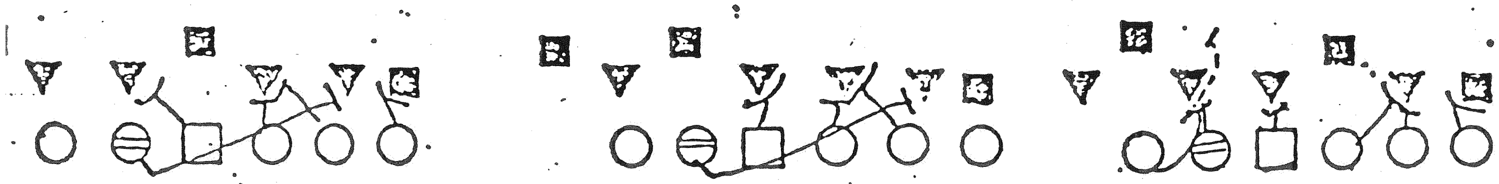
FLIP Pulling action by onside Guard and Tackle on pitch of the flip 8 & 9 hole plays. If onside Guard is uncovered block LB.



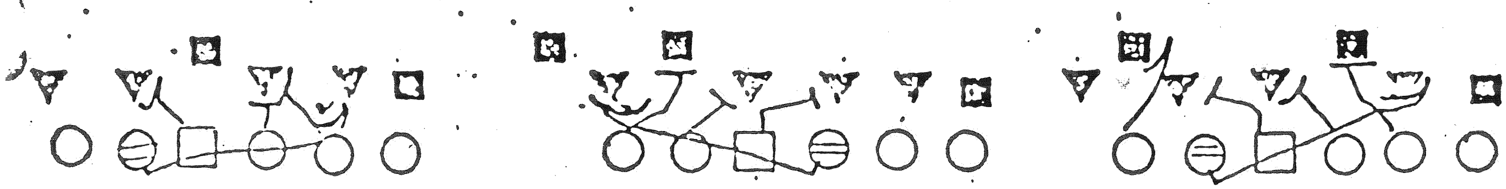
POWER 6 and 7 hole blocking combination. A double team by OT & TE at point of attack with possible slip technique.



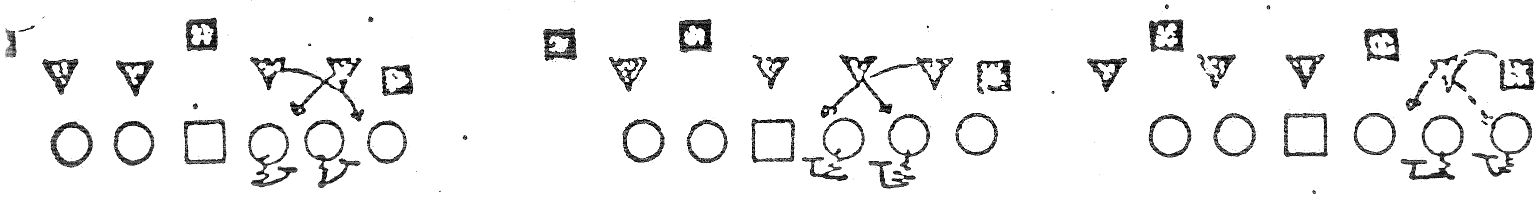
TAG 4 and 5 hole blocking combination of double team by OG & OT at point of attack with possible slip technique.



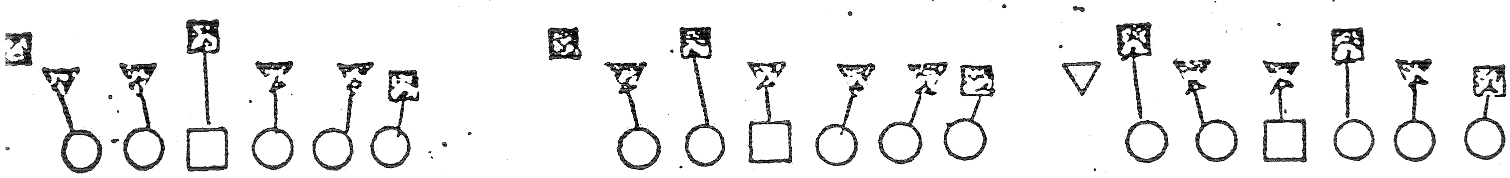
LOG A form of trap technique to influence a defensive lineman to over play his position by hooking him rather than blocking him out.



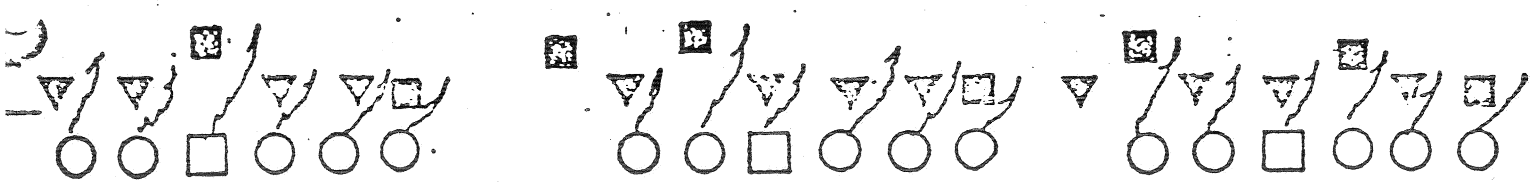
SWITCH Call by. Tackles or Guards to switch blocking assignment in pass protection after snap of ball.



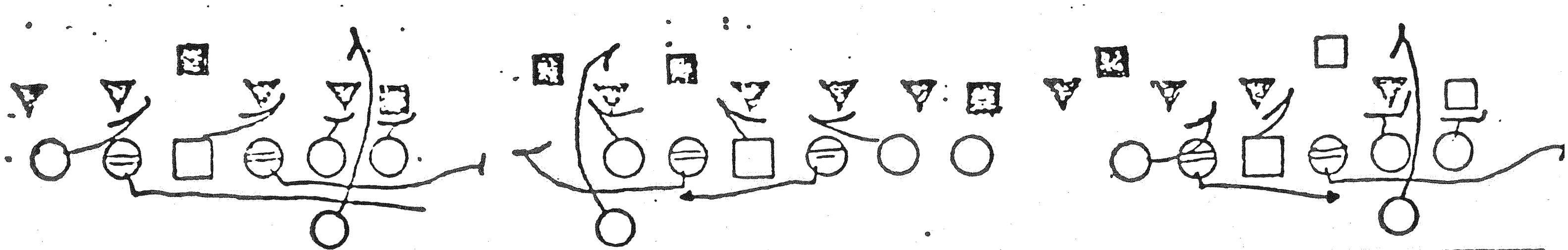
BUTT A blocking technique used on "M" blocks. An aggressive head and shoulder block thru the head or numbers of opponent at any position.



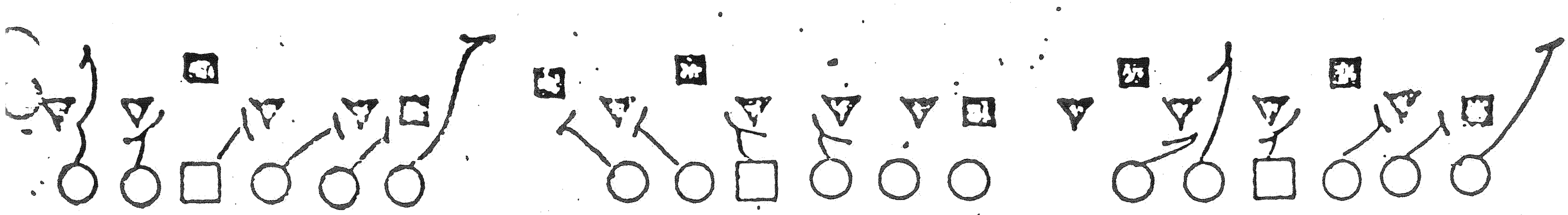
SCRAMBLE A do or die in cutting off an opponent regardless of his alignment by charging out on all fours and scrambling.



BAT Tackle call - change assignments between back and tackle on defensive lineman or linebacker. Use on Bim block when the Tackle can block the DE and tells back to go through.

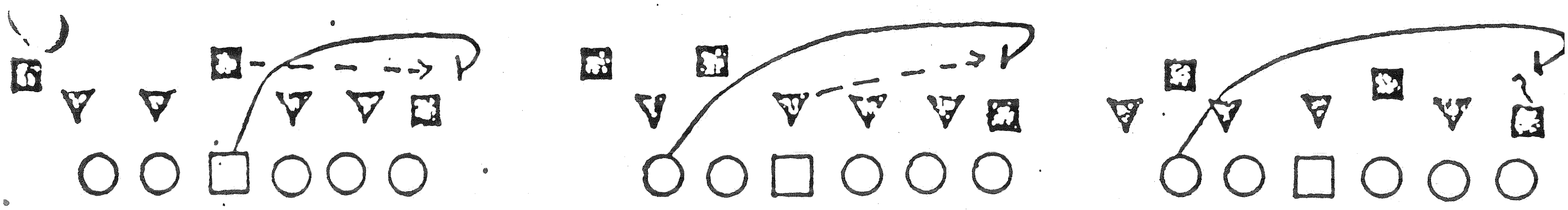


SLIDE A blocking combination which the onside OL slides at the point of attack.

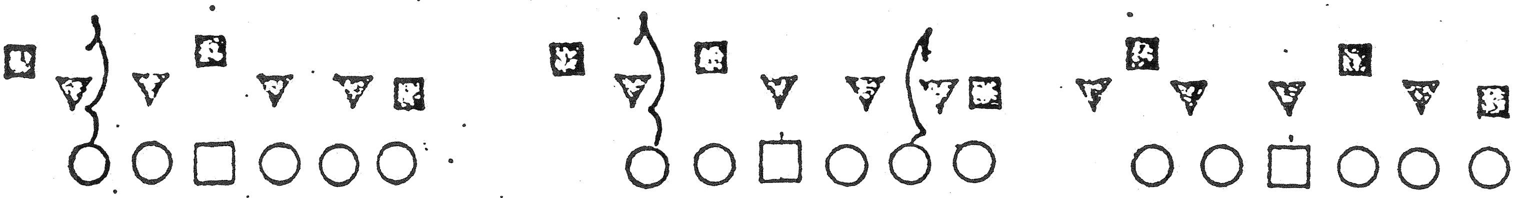


BLOCKING COMBINATIONS, CALLS AND TECHNIQUES

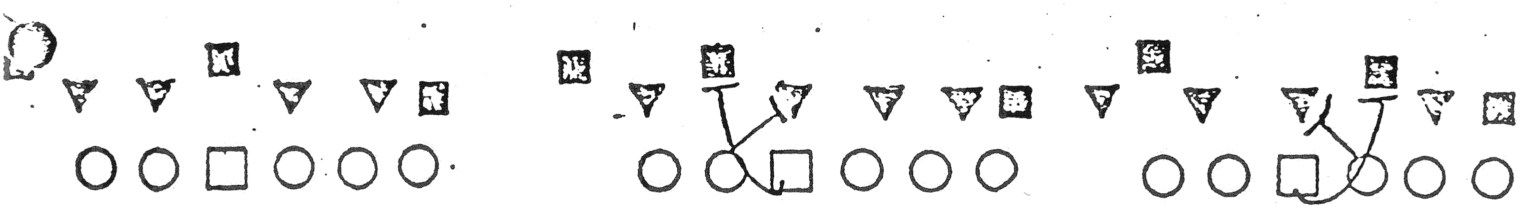
PEEL Technique if Offensive Linemen going to block a defensive downfield man from the blind side or toward the L.O.S.



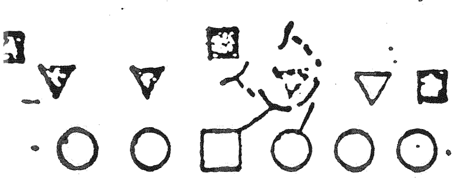
WALL Offside OT's technique when he is required to block a defensive man who is most dangerous to play.



WIPE Blocking technique used by Guard and Center vs. an odd defense where the Guard blocks the nose man and the Center steps around and blocks the LB.

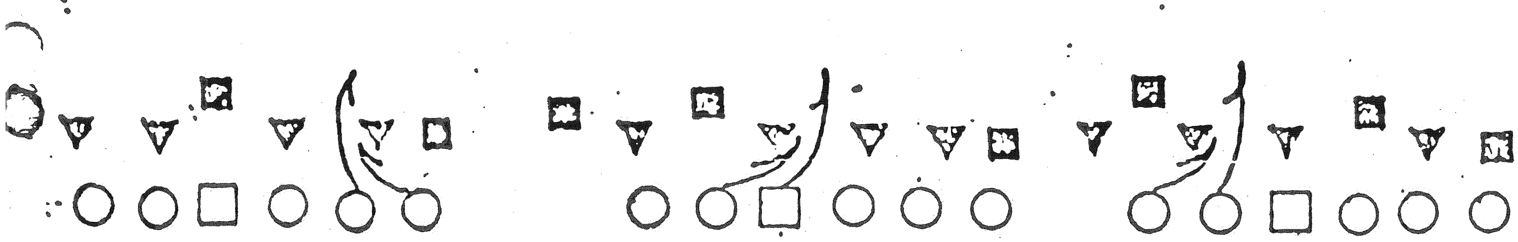


POW A call and technique used by onside lineman to cut off pursuit by starting on a power block technique with both blocks reading the flow and sliding off to block their respective men.



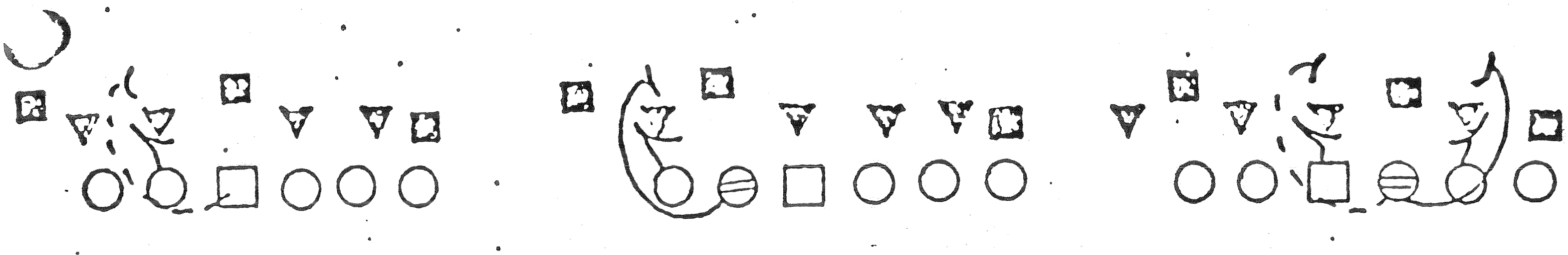
POW

SCOOP Combination cut off blocking by two offside linemen reaching toward the onside.

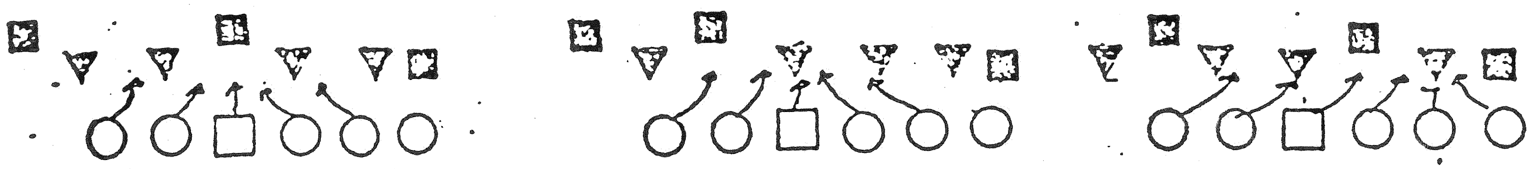


BLOCKING COMBINATIONS, CALLS AND TECHNIQUES

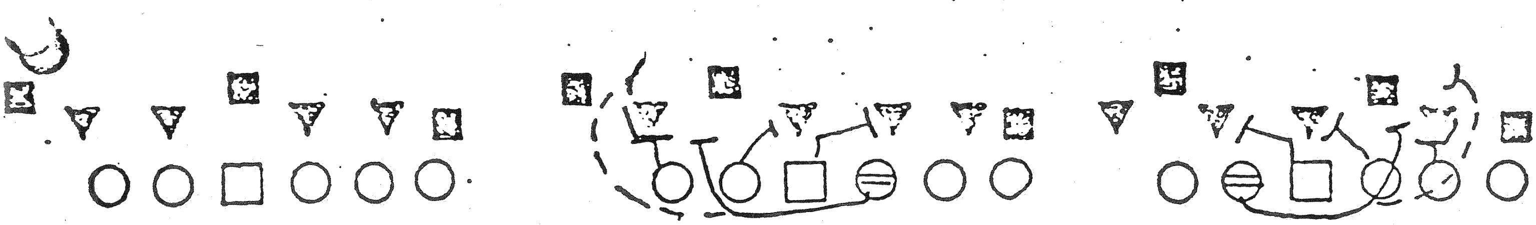
OPTION - STEP AROUND Adjustment used to block stack defenses by stepping around offensive blockers.



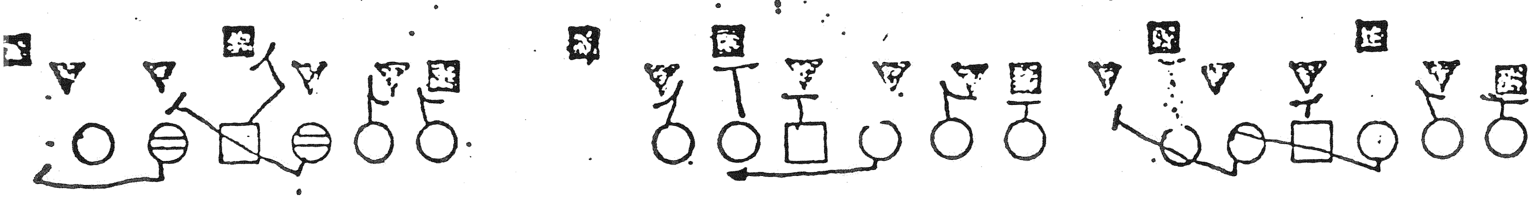
WEDGE Team blocking where the point of attack is based on the offensive focal point, such as Center-Guard or Tackle.



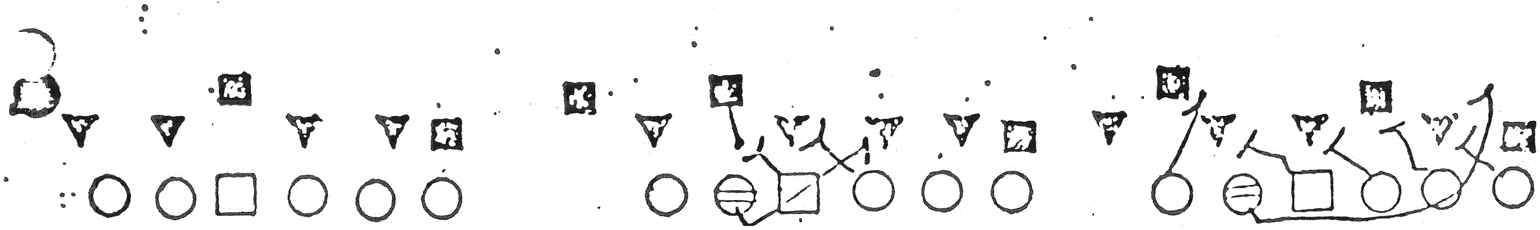
JOE Call by OT to the trapping Guard that they will switch assignments.



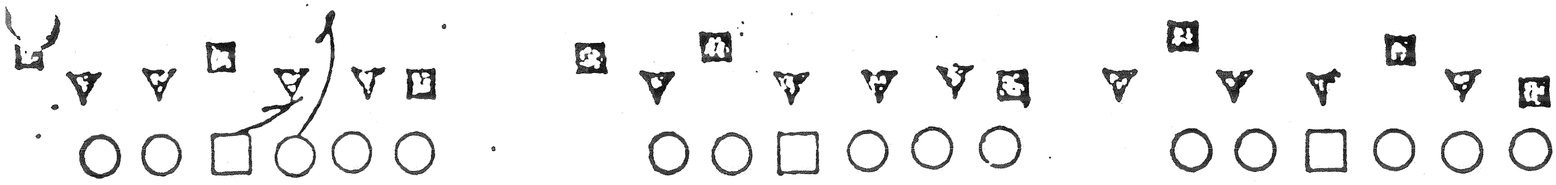
SUCKER Pattern blocking with Guards and remaining back running opposite the call.



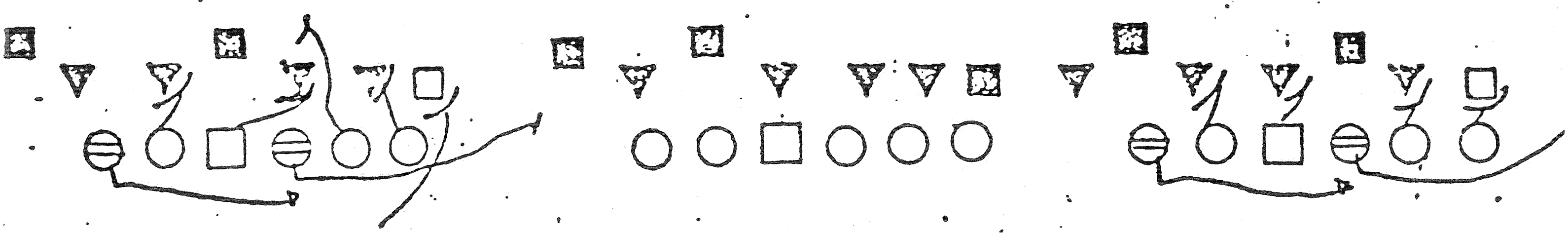
CAP Call by Center to OG or offside Tackle that he will block away from P.O.A.



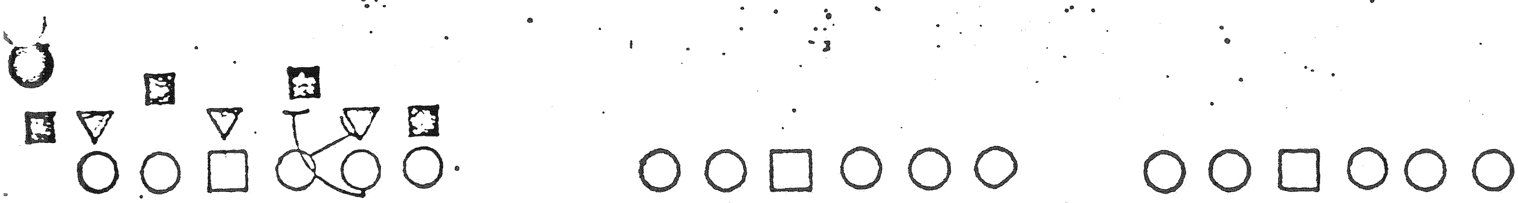
CUT — A center call to the onside guard, tackle or back, indicating that he is blocking the first defensive man to the onside.



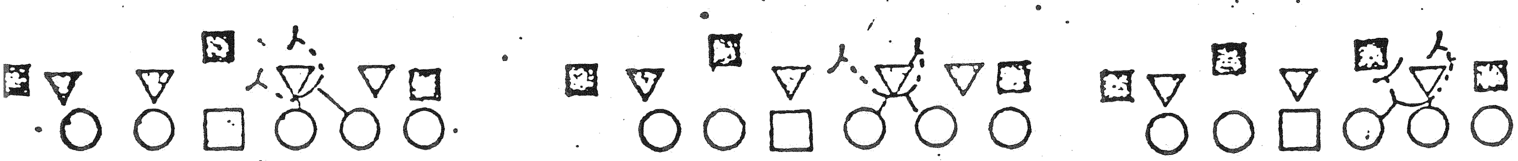
HOLD — Term used by the off guard telling the tackle that he is not pulling on a sweep play - while indicating to the off tackle that he must assume hi blocking assignment.



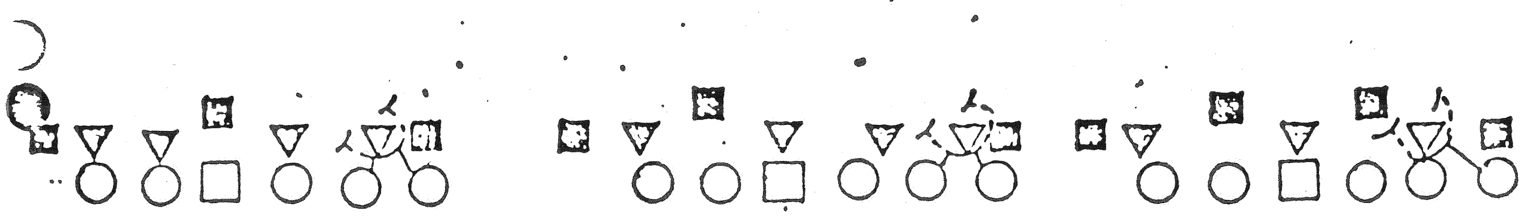
GUT — A hole blocking combination between onside or offside guard and tackle. Executing a cross block with the guard going first.



TAG — A technique used by the onside guard and tackle to cut off pursuit by starting a double team with both blockers reading the flow and sliding off to block their respective men.

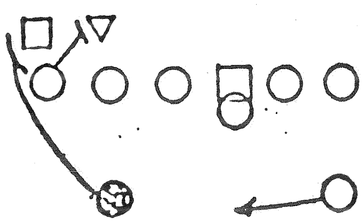


POWER — A technique used by the onside tackle and end to cut off pursuit by starting a double team with both blockers reading flow and sliding off to block their respective men.

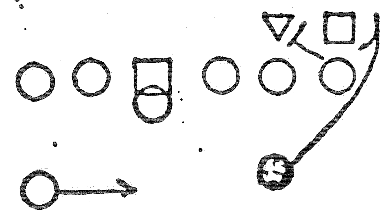


STANDARD BACK BLOCKS

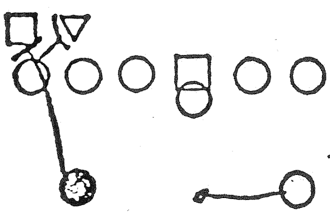
8 BOB



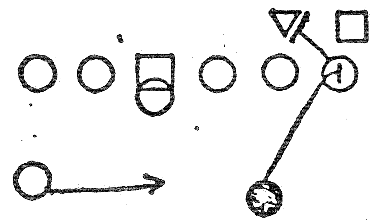
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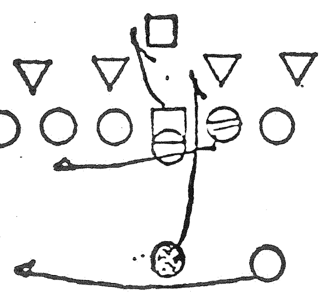
6 BOB



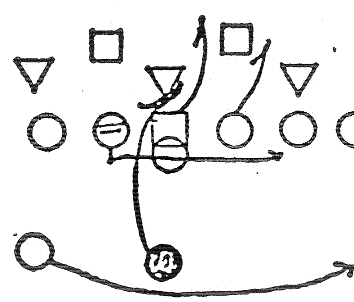
7 BOB



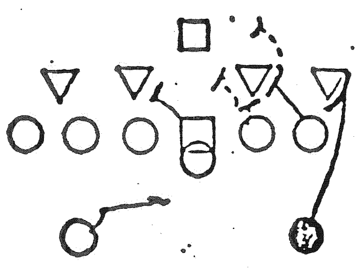
FULL VS EVEN FRONT



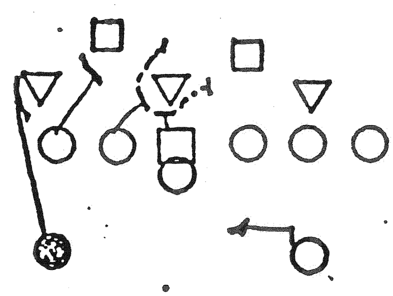
FULL VS ODD FRONT



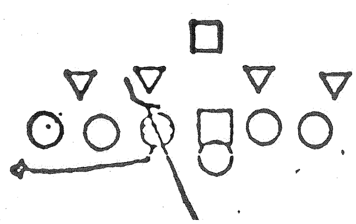
9 BIM



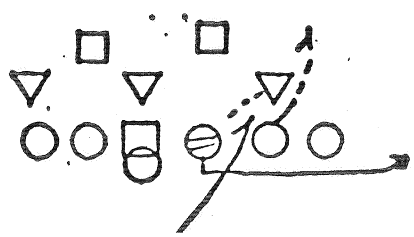
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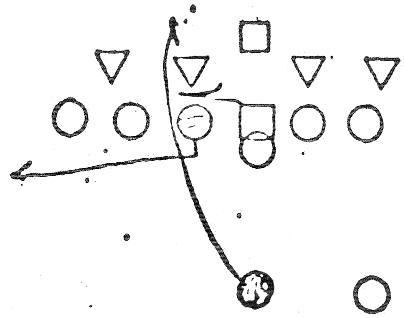


6-8 F VS EVEN FRONT

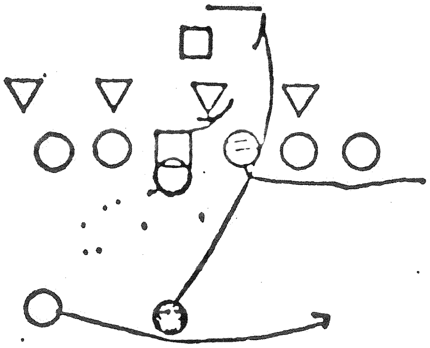


7-9 F VS ODD OR K.C.

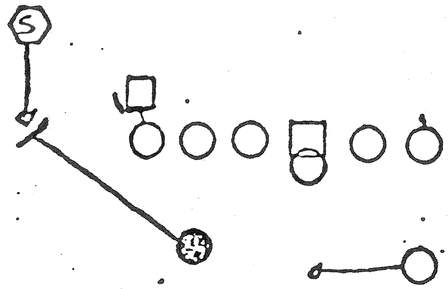




CUT

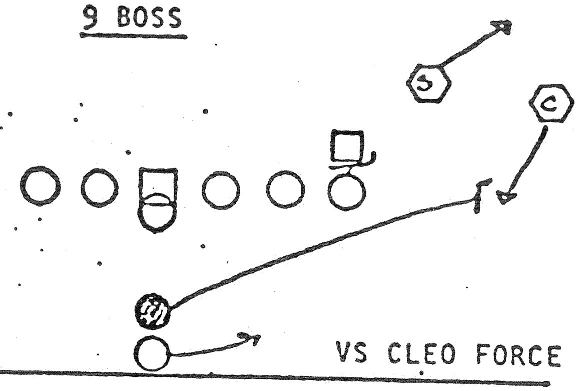


8 BOSS



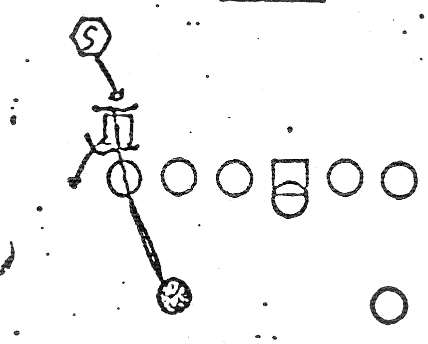
VS SKY FORCE

9 BOSS



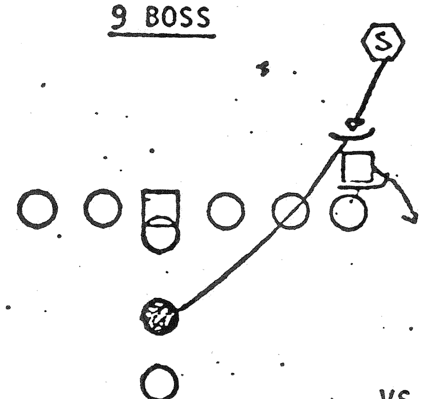
VS CLEO FORCE

8 BOSS



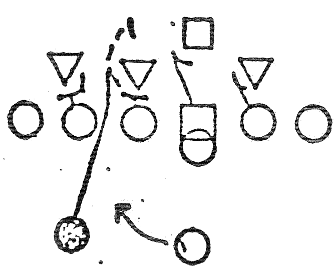
VS BRONCO

9 BOSS

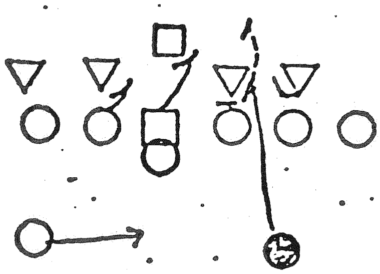


VS BRONCO

LEAD

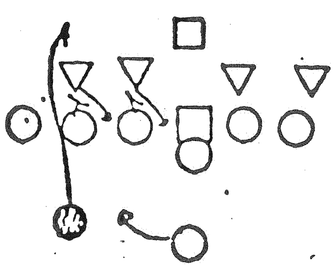


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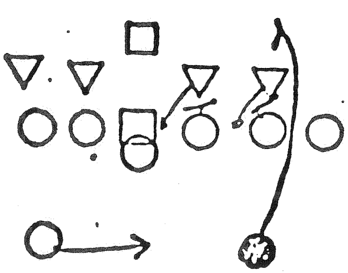


VS NORMAL

LEAD

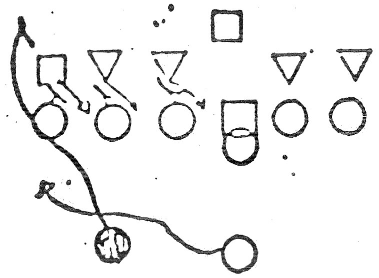


LEAD



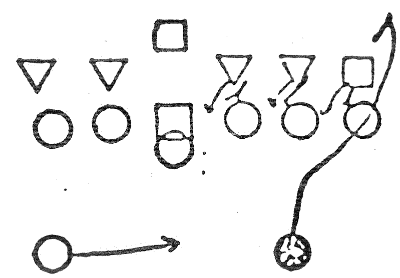
VS SLAM

ONG — LEAD



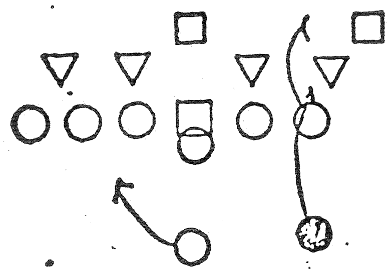
VS. TIGHT INSIDE

SPLIT — LEAD

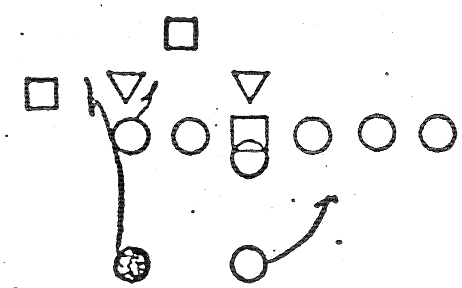


VS TIGHT INSIDE

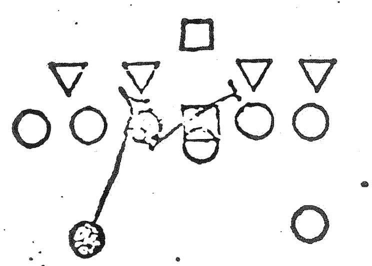
SEAL



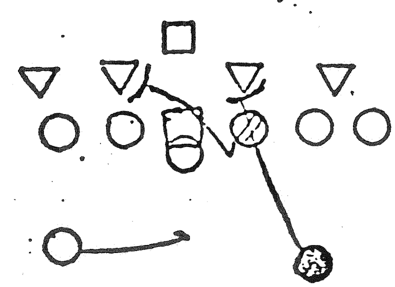
SEAL



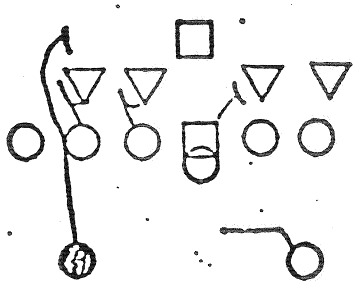
SUCKER



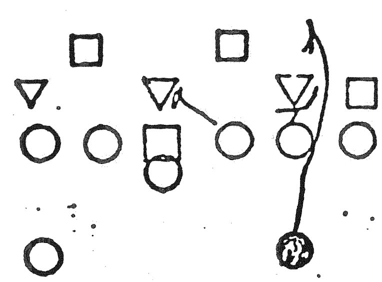
SUCKER



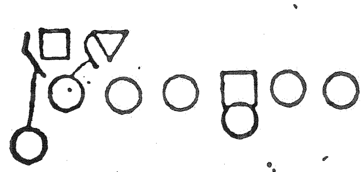
BAT



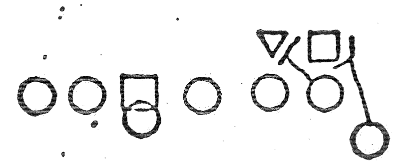
BAT



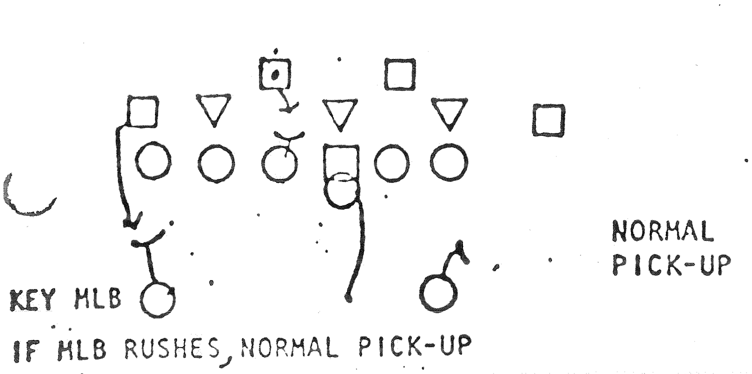
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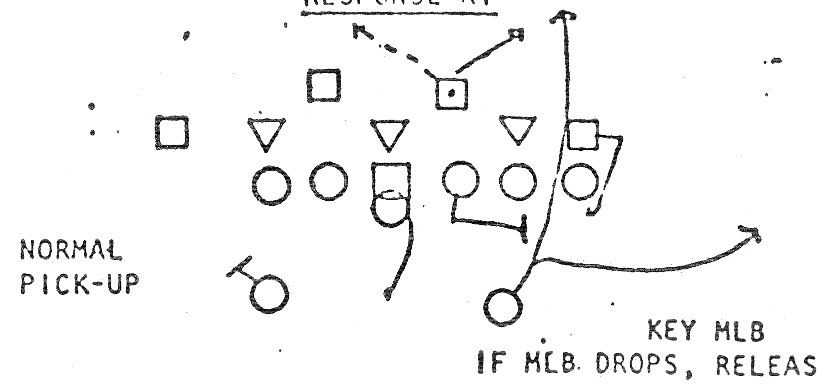
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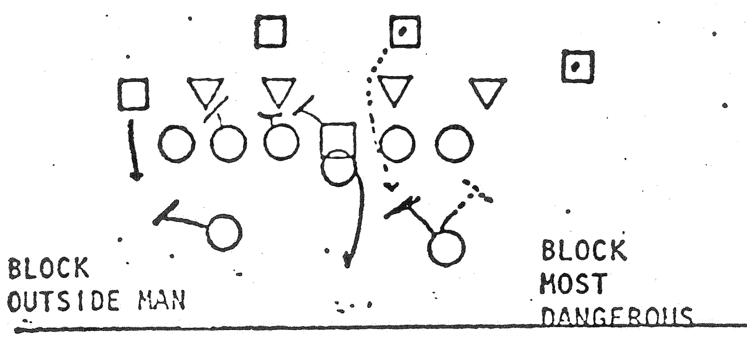
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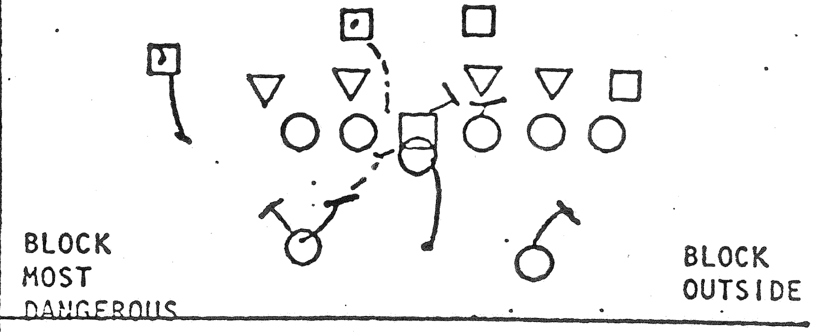
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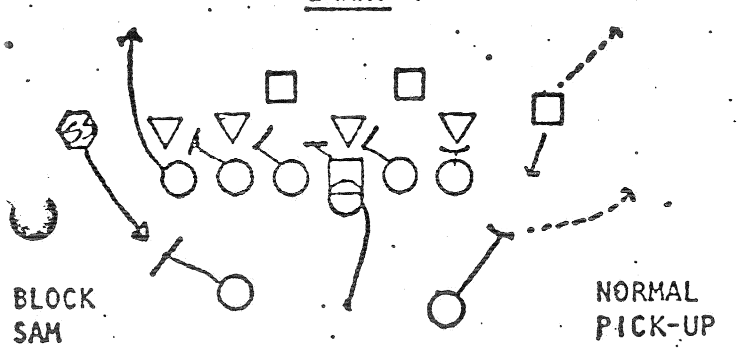
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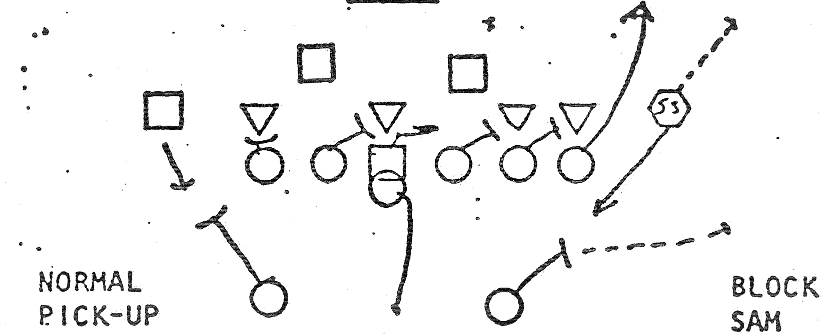
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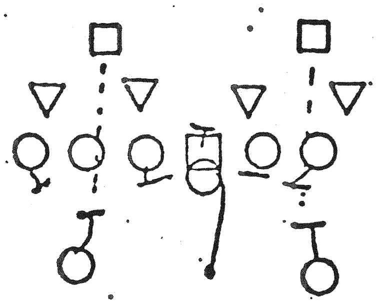
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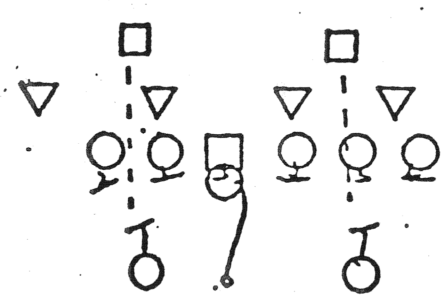
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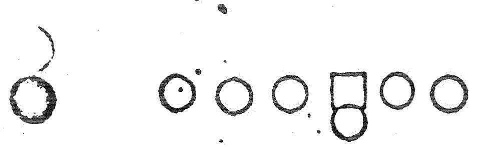


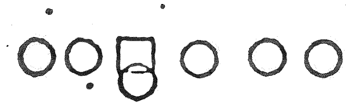
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INDIVIDUAL OFFENSIVE TECHNIQUES

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BASIC PRINCIPLES FOR PASS RECEIVERS

1. Keep your eyes on the ball. Your first responsibility is to CATCH THE BALL. AFTER you make the catch, think about additional yardage and scoring.

2. When we are on offense and the ball is thrown, it is NOT a "Free" ball - it is OURS - GO GET IT! Never allow an interception. Anything goes.

3. Whenever possible, catch the ball in your hands - not against your chest.

4. In practice, after you catch the ball, tuck it away securely and SPRINT at least 10 yards. Put in a fake, spin, etc.,...; simulate what you would do in a game.

5. When you warm up, don't just jog around. Run in spurts, change of pace, weaves, cuts, stutter steps, etc.,... Start from your stance. Use head fakes to release from imaginary linebackers.

6. Always run your patterns at full, controlled speed. We cannot get the correct timing at half speed.

7. Pass receivers are made - not born. They are made by practice day after day untill all of your moves and receiving become second nature. Whenever possible, have a ball in your hands. Play catch with your partner. Never let the ball become a stranger to you.

8. Always be alert for the ball, even though you are not the primary receiver. You never know when the QB will throw to you! Do not loaf because you think the pass is going to someone else. Carry out your assignment at full speed on every good play. This is an easy way to tell the difference between the "good ones" and the "great ones".

9. Concentrate at all times on what you are going to do - why and how you are going to do it. Keep in mind the object of the pass and what your part of it is. Know the complete picture - not just your part of the play.

10. Talk to the QB when you have a chance (not in the huddle). Tell your coaches what you can do - your best bet for 3rd down passes, 3rd and 7 to 10 yards - your best long pattern. (If on sideline).

11. Learn the tendencies of the defensive backs; if they gamble, guess with you, play tight or loose, inside or out, their speed. Have a "book" on all of your opponents. Be an artist in your profession. Know the defensive team tendencies; how they cover 1st down, 2nd and 3rd, short and long yardage, etc.,...

12. Always know field position (sideline), time remaining, down and distance, sun position, wind conditions, lights, condition of field (high or low spots), pitchers mound, infield dirt, ball position in regard to goal posts (they are our friends).

13. The sidelines and end zone lines are our enemies. Always know your relative position to them. Respect them, but not let them bother you in catching the ball - the catch comes first. The officials will never call you "in bounds" if you drop the ball.

14. Always expect to get your jock knocked off after, or as you catch the ball - then the jolt won't surprise you. You have to "want it". We catch the ball and pay the price. You must have utter disregard for contact while catching the ball.

15. Always be alert for clotheslines and "cut" blocks.

16. After a diving catch, remember "up and go" - the opponent has to knock you down.

17. When you are breaking past a defensive man and have him beat - be alert for holding or tackling. They are taught to take the penalty rather than the T.D. YOU MUST CLEAR THEM. You can get away with a push or straight arm in this situation.

18. Get in the habit of going all out after the ball every time - regardless of how it is thrown. Soon the great catches will become routine.

19. Fake the man - not the area!

20. Our receivers are football players - not just pass catchers. WE WILL BLOCK!!!

21. If you catch the ball, it only hurts half as much!!

BUMP AND RUN -

A receiver must realize that the defender is trying to harass, intimidate, and destroy the timing of your route. You must not lose your poise and concentration. If you let a defender destroy your concentration on the job at hand he will close you out.

1. Crowd the L.O.S.

2. Attack the defender - turn him.

3. Catch the ball.

ZONE -

Many of the same techniques will be used against the zone coverages as in man coverages.

1. Get the defender out of his back pedal.

2. Turn his feet.

3. Adjust route when necessary.

4. Come under control in the open spot.

5. Catch the ball.

BALL HANDLING FUNDAMENTALS

ACCEPTING THE BALL:

Place the FAR hand (hand away from side QB is feeding) slightly below belt buckle, palm up with the elbow slightly raised away from hip to serve as a stop for the ball.

Place the NEAR hand (hand to the side QB is feeding) at the front of the shoulder with the thumb pointing down to help force the elbow up. The near elbow must be kept high forming a pocket for the ball. The QB will place the ball on the belt buckle. Do not reach for the ball. Once the ball is placed on the belt buckle drop the top arm and close both hands over the points of the ball.

The Ball Carrier should be looking at appointed key and not at the ball. The QB is two-thirds responsible for the hand-off, you are one-third. Once the ball has been received it should be put away immediately.

CARRYING THE BALL:

The ball should be carried with the finger tips over the point with the other point tucked between the elbow and the armpit. The key to fumble prevention is keeping the elbow in. Both hands should always be used to put the ball into place.

PROTECTING THE BALL:

1) Whenever possible the ball should be kept against the body.

2) When contact is inevitable from both sides the ball should be protected with both hands.

3) When going down the ball should be protected with both hands.

SWITCHING THE BALL: Should be done only in the open field.

Switching the ball should be an automatic reaction when tacklers approach to ball side. This will enable you to use the free arm to ward off tacklers.

Switching the ball should be done by sliding the free hand over the top of the ball, getting the fingertips over the point, bring it across the body using the bottom hand to help carry the ball to the other arm.

COMMON FAULTS THAT LEAD TO FUMBLES:

1) Near elbow not raised

2) Reaching for ball

3) Not closing pocket on ball (Put ball away)

4) Waving or not keeping ball tucked with fingertips and arm. (Keep elbow in)

5) Switching ball in heavy traffic

BACKFIELD BLOCKS AND TECHNIQUES

I. FUNDAMENTALS COMMON TO ALL BLOCKS

1.1 Pre-Snap Look (P.S.L.) Always take a P.S.L. to locate your blocking assignment prior to the snap. On your first step get your eyes on your man immediately. Vision is the most important aspect in blocking. You must locate the man and keep your eyes on him as he is not going to stand in one spot. Anticipate his movement. Concentrate on your target.

1.2 STANCE: You must assume a good stance. A stance that will allow you to take the proper step in correlation with the proper approach and block being used.

1.3 APPROACH: Each block has an initial approach and you must concentrate on this angle of departure. Once the ball is snapped and your man moves to play his responsibility now your approach must automatically adjust!

1.4 BEND THE KNEES: Don't bend at the waist. Get in a hitting position by lowering the center of gravity by bending the knees!

1.5 CONTACT: Be a hitter. Block through the man, not to the man. Keep your head up and eyes on target and hit on the rise! Don't stop your feet upon contact!

1.6 BASE: To hit as you have to you must have and maintain a good base under you. Keep your feet apart, approximately shoulder width.

1.7 FINISH: Finish your block by running through the man. In order to maintain contact you must keep your knees bent, head up, back at proper angle and your feet moving until the whistle blows!

1.8 PRIDE: To be a good blocker you must take pride in the little details of the fundamentals involved!

II. INDIVIDUAL BLOCKS

2.1 BIM BLOCK: A block used primarily in connection with the 8 & 9 holes but will be used along with 6 & 7 hole plays as well. By rule it means block the first man outside your offensive tackle on or off the L.O.S.

TECHNIQUE:

1. P.S.L. Locate your assignment - usually the defensive end. Concentrate on the defensive end's outside knee!
2. APPROACH: Position yourself to enable you to get your block accomplished as fast as possible. On your approach be ready to adjust to his charge either in or out. This is why it is so important to get to him quickly as you will cut down on the distance you allow him to move. Keep the knees bent

3. CONTACT: Your concentration point for contact is his outside knee. Get under his shoulder pads. Block with your inside shoulder through his outside knee. Hit on the rise and work your feet upon contact.

4. FINISH: Maintain a good base and keep your head up and feet moving. If you have to go to all fours and scramble him but at all cost try not to end up on your belly unless he is cut down on top of you!

5. C.P.: If while on your approach you see your offensive tackle blocking your assignment, continue on your course and block his responsibility. This is called a Bat technique and may be called prior to the snap by your tackle. Don't ever assume it will be called. A proper approach will take care of this adjustment!

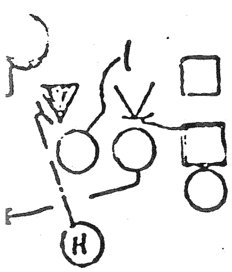
COMMON FAULTS

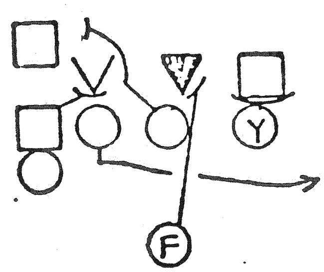
1. Approaching to wide - Must anticipate the D.E. closing.

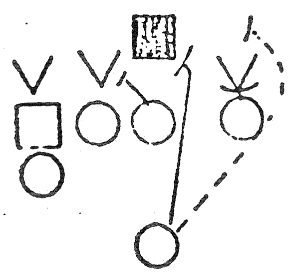
2. Not getting to block quick enough.

3. Over-extending under the man ending up on your belly.

4. Not follow through and allowing the man to escape.







2.2 BOB BLOCK: For definition purpose BOB means Back on Backer, but there will be times when Bob encompasses a down lineman. The Bob block is used in connection with 6 & 7 Power Bob and 8 & 9 Bob Sweep plays. By rule it usually means you will be blocking a man lined up on the TE!

TECHNIQUE: The technique is dependent upon the point

1. P.S.L. Locate your assignment - usually the Stub LB'er. Your concentration point is the inside hip of your TE.

2. APPROACH: Aim at ~~inside hip of your TE~~ outside number of Stub, and continue straight as your target but while on your approach be ready to adjust to his movement. Anticipate him closing! Keep the knees bent, your head up and feet apart. (Angle of approach makes it a kick out block).

3. CONTACT: Your concentration point for contact is your opponents numbers. Always attempt to run through him. Do not throw too soon, be sure to aim thru him. Hit on the rise and keep your feet moving upon contact. Key to this block is keeping contact until the ball carrier is upfield.

4. Finish: Maintain a good base and keep your head up and feet moving. Don't allow a stalemate run through the man.

5. C.P.: If the man is going to excape make sure it is to your outside.

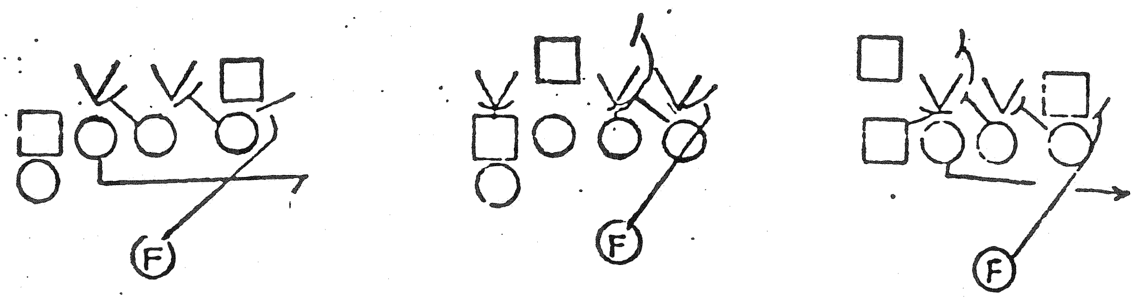
COMMON FAULTS:

1. Approaching to wide.

2. Stopping your feet upon contact.

3. Not alert for the movement of the defensive man.

4. Failure to maintain contact.



2.4 BUTT BLOCK: A block used primarily with the 36-37 play, but will be applied to other plays!

TECHNIQUE:

1. P.S.L. Locate Buck. He's your's all the way. Your concentration point is the middle of the numbers!

2. APPROACH: Drive for the outside leg of your tackle. Start with a lead step. Get your eyes on Buck and be ready to adjust your course to his movement. Whenever possible go outside your tackle to block him. This helps keep the hole wider for the ball carrier. If Buck does go inside you must adjust and go in after him. If he's on the L.O.S. (EE Position) be prepared to cut him down. Keep the knees bent, head up and feet apart.

3. CONTACT: Your concentration point for contact is the middle of the LB'ers numbers. Butt him with your forehead and attempt to run through him. Don't choose a side! Knock him straight back. Hit on the rise and work your feet upon contact.

4. FINISH: Maintain a good base and keep your head up and feet moving. Block him straight back. It is a daylight running play so don't pick a side - just stay with him as long as possible.

C.P. The most important fundemental is defining Buck's movement on your first step.

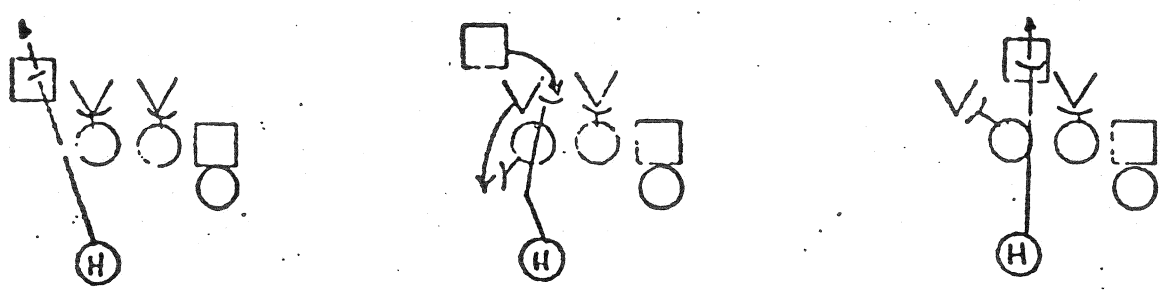
COMMON FAULTS

1. Failure to locate Buck.

2. Poor approach.

3. No working feet upon contact.

4. Choosing a side.



2.5 SEAL BLOCK: A two offensive man combination block used primarily on the backside of a running play. The back will block the outside of the area and the tackle will usually be responsible for the inside of the area.

TECHNIQUE: HB - SEAL Technique.

1. P.S.L. Locate the two men in your assigned area. Your P.S.L. may define which man will be your's.

2. APPROACH: Explode out of your stance by stepping with your inside foot at the inside leg of the offensive tackle. While on your approach read the charge of the two people in your area. Continue on your course..
   C.P. If your man takes a hard outside, continue upfield to the next man.

3. CONTACT: Make contact with your outside shoulder on any man that crosses your path. Put your outside shoulder through the inside hip of the defender. Hit on the rise and work your feet upon contact.

4. FINISH: Maintain a good base and keep your head up and feet moving. Don't allow the man to excape to your inside.

5. C.P.: Be prepared to block as soon as you leave your stance.

COMMON FAULTS:

1. Approaching to wide.

2. Not being ready to block when the man appears.

3. Not sprinting through the area.

4. Allowing an inside escape.



2.6 BOSS BLOCK: An open field block used to block specific 8 & 9 hole runs. The term BOSS tells the back that he is basically blocking the strong saftey (BO - S/S) There will be exceptions however vs. certain defenses you will be required to blocker the corner of backer.

TECHNIQUE:

1. P.S.L. Check the location of Sam & Stub for any indication of who will be the force man. Their basic alignments are usually a good key.

2. APPROACH: Take as direct a course as you can to your target, adjust on the move to his movements, you would like to hook or cut him (if he comes across fast) but his movement will dictate the type of block you will use. Stay up don't throw your block too soon - be sure to aim thru him. Also always finish with a roll so that you may catch him.

3. CONTACT: Once your man commits to you, execute a solid body block through the numbers, when hand fighting. Cut block if he is aggressive. Be sure to finish with a roll type block in order to catch him if he is giving Off too fast. If he stays up and hand fights run him into and out of the sidelines. Execute your block as soon as possible in order that the B.C. can determine his course that much sooner.

COMMON FAULTS

1. Not adjusting to his movement.

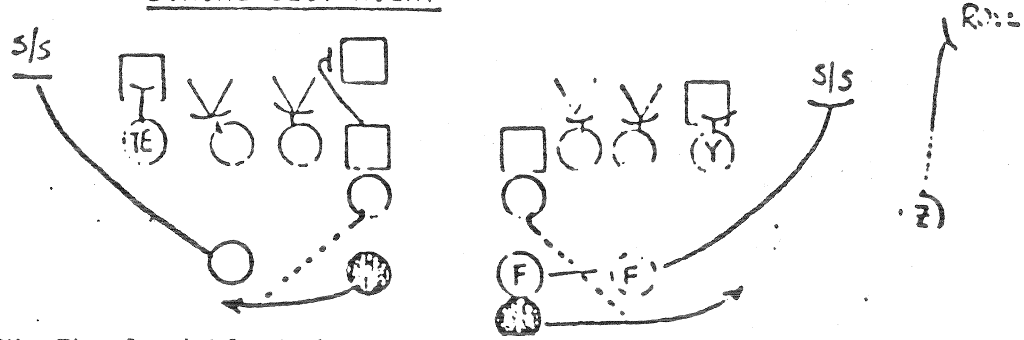
2. Leaving your feet too soon.

3. Not finishing with a roll type block.

4. Failure to maintain contact.

5. B.C. not locati

STRONG SLOT RIGHT



2.7 LEAD BLOCK: The lead block is either a "clean up" block on a man coming off another block or a block on a LB'er at the P.O.A. The back will lead through the hole called.

TECHNIQUE:

1. P.S.L. Check the defense at the P.O.A. Try to anticipate what your block is going to be.

2. APPROACH: Lead step driving for the inside point of the hole called. While on your approach, read the defense all the way. Stay tight to the inside of the hole and only leave this course if the hole is clean and a LB'er appears from the outside. Your first thought is to seal inside the hole either on a down lineman or LB'er coming from inside out.

3. CONTACT: Your concentration point is outside foot of the lineman at the P.O.A. not on an individual man. If a lineman comes off the (Stunt) lineman inside the hole block him by putting your inside shoulder on his outside hip. If the defensive lineman comes off the lineman outside the hole block him by putting your outside shoulder on his inside hip. Hit on the rise and work your feet on contact. If the hole is clean and a LB'er appears execute a "Butt" block through the numbers.

4. FINISH: Maintaining a good base is important on both blocks. Keep your head up and feet moving. The one thing you don't want to happen is get stuffed in the hole.

5. C.P.: The most important point is to read on the move. Don't wait for something to happen. On a WK LEAD DRAW YOUR CONCENTRATION IS LB'ER ALL THE WAY.

COMMON FAULTS:

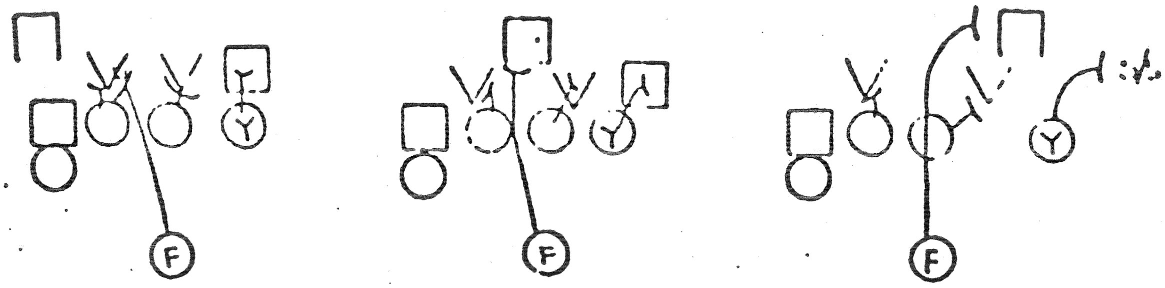
1. Not reading the defense properly.

2. Not tight enough to the inside of the P.O.A. (Lead block on run)

3. Not getting to P.O.D. quickly.

4. Not hitting with authority, therefore, getting stuffed.

STRONG SLOT RIGHT



2.8 F BLOCK: The "F" block is either a Bim block on the onside defensive tackle or a Lead block on the Mac LB'er dependent upon the defensive front or center's call.

TECHNIQUE: (Written as an 8 & 9 hole F play)

1. P.S.L. Locate your blocking assignment and listen for the center's "Cut" call in case he wants to change the blocking.

2. APPROACH: Lead step at the outside foot of the onside guard. If there is no "cut" call and it is 43 defense, Bim block the D.T. If "cut" is called go through on Mac and Lead block him. The only C.P. here is go through the path of least resistance and anticipate Mac moving to the P.O.A. Keep your approach outside Mac.

3. CONTACT: Blocking DT: Fundamental Bim Block. Blocking Mac. Block him with your inside shoulder keeping your head between the man and the ball. Don't go to the ground unless Mac goes with you.

4. FINISH: All base fundamental principles apply.

5. C.P.: Be alert for changes in defensive fronts and the center's call. If you listen to the QB's defensive call your recognition problems will be less. When blocking Mac anticipate him moving to the P.O.A. But not until you've made sure he is going to dog through the pulling guard area.

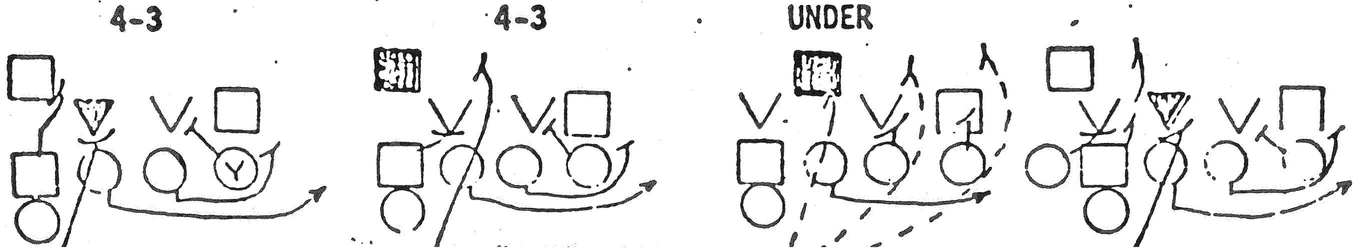
COMMON FAULTS

1. Not recognizing the front and missing center's call.

2. Poor approach on both the DT block and Mac block.

3. Not staying up on Mac.

4-3 4-3 UNDER



2.9 FULL BLOCK: The Full Block is a block specifically associated with the Full series. It amounts to either a Bim block on the offside D.T. or a lead block on the LB'er. The offside guard is pulling. This is a fill block for the pulling guard, by the Fullback.

TECHNIQUE:

1. P.S.L. Check the defensive front and locate your assignment. Your concentration point is the inside foot of the offside guard.

2. APPROACH: Start with a near foot step at the inside foot of the offside guard. Stay to the inside of your area. The QB will clear for your block.

3. CONTACT: Bim block technique on a down lineman. Lead block a LB'er striking him through the numbers.

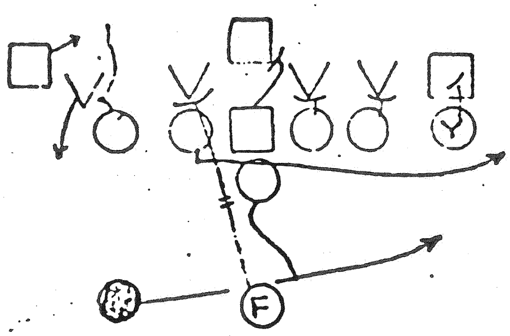
4. FINISH: All base fundamentals apply.

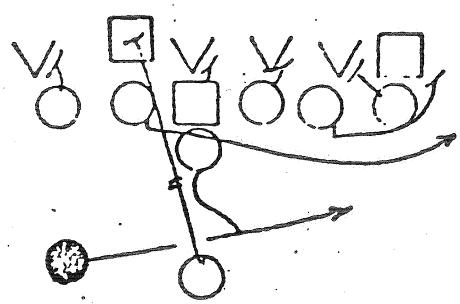
5. C.P.: Don't allow a man to excape across the formation. You must maintain a tight course through your area of responsibility.

COMMON FAULTS

1. Wide approach.

2. Not staying tight inside.





OPTION SCREENS

ONSIDE TACKLE - Deep pass set to a minimum of 5 yards before cutting.

ONSIDE GUARD - Block 2 counts, release defensive man away from side of screen if possible. Sprint to sideline and block force.

CENTER - Block 2 counts, release defensive man away from side of screen if possible. Release to sideline, keep good spacing with on Guard, turn up and block second man. If Center beats Guard out assume Guard's responsibility.

OFF GUARD - Normal pass protection.

OFF TACKLE - Normal pass protection.

TIGHT END - Your way release inside run hook and peel for Mac or Jill. Away - inside release, run hook, peel block on Stub or Sam.

Y & Z - Check and run pattern called.

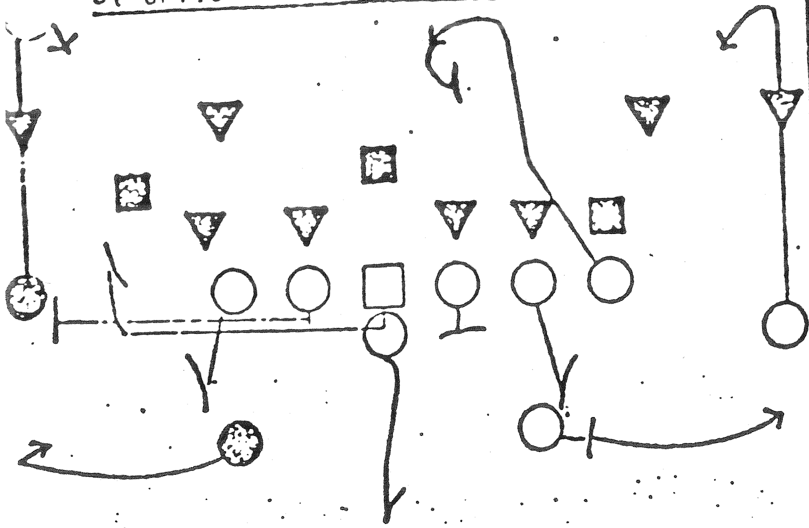
SCREENING BACK - No blitz pick up... run flare no wider than 7-8 yds. Take ball inside or outside of numbers according to hashmarks. Settle down, turn inside and face QB. Let ball pull you forward.

REMAINING BACK - Run pattern called.

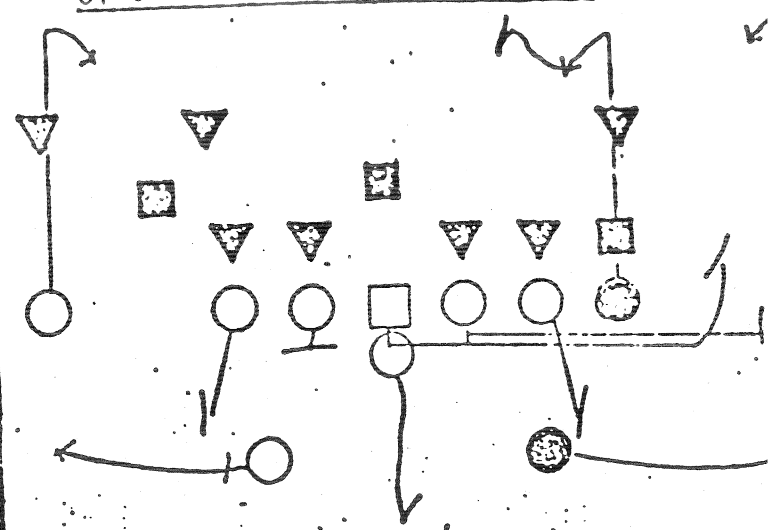
QUARTERBACK - Quick seven step set - Look upfield on first 5 steps, gather and look at receiver on final two.

OPTION SCREENS

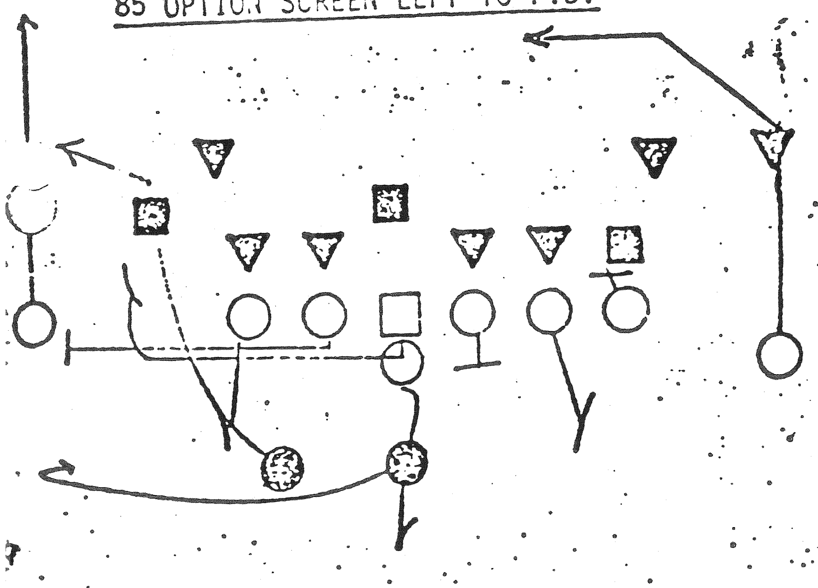
61 OPTION SCREEN LEFT TO H.B.



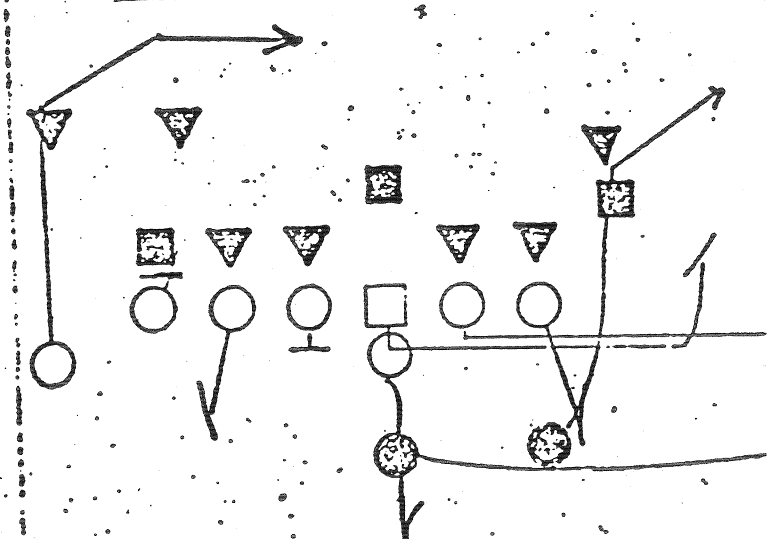
61 OPTION SCREEN RIGHT TO F.B.



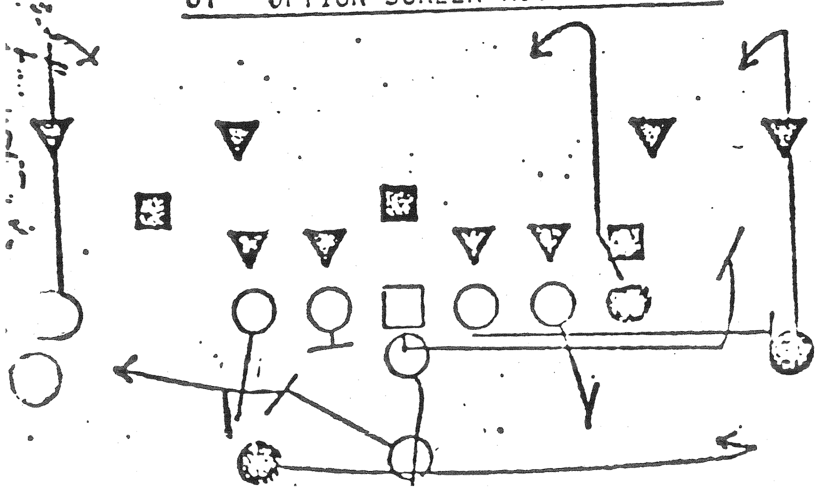
85 OPTION SCREEN LEFT TO F.B.



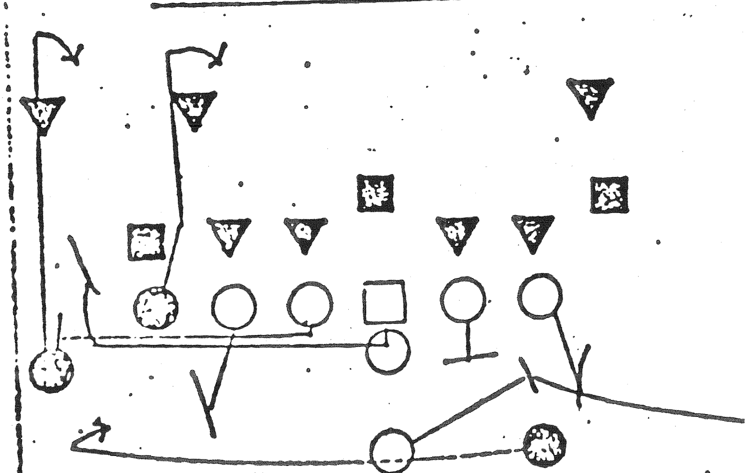
85 OPTION SCREEN RIGHT TO F.B.



61 - OPTION SCREEN RIGHT TO H.B.



61 - OPTION SCREEN LEFT TO H.B.



LOS ANGELES RAMS
BASIC RUN OFFENSE
PLAY CATEGORY

Challenge
36-37, 26-27, 16-17 (W)
24-25, 34-35, 14-15 Lead (TE)
28-29, 18-19 F (TE)
28-29, 18-19 Boss (TE)
T38-39*
14-15 (W)

Basic
10-11 Full
20-21
30-31
22-23, 22-23, 12-13 I
32-33
36-37 Strong (TE)
26-27 Power (TE)
26-27, 36-37 Bluff (TE)
28-29 Bob (TE)
38-39 Boss (TE)

Special
22-23 Swipe (TE)
42-43 (W)
24-25, 34-35 Sucker (TE)
44-45*
16-17 Sam (TE)
16-17 F (TE)
T28-29*
Statue 8-9 (W)

QB Runs
Zero*
1*
6-7
8-9*

Complimentary
38-39, 18-19

20-21 F

48-49

Misdirection
18-19 Full*
28-29 Full (TE)

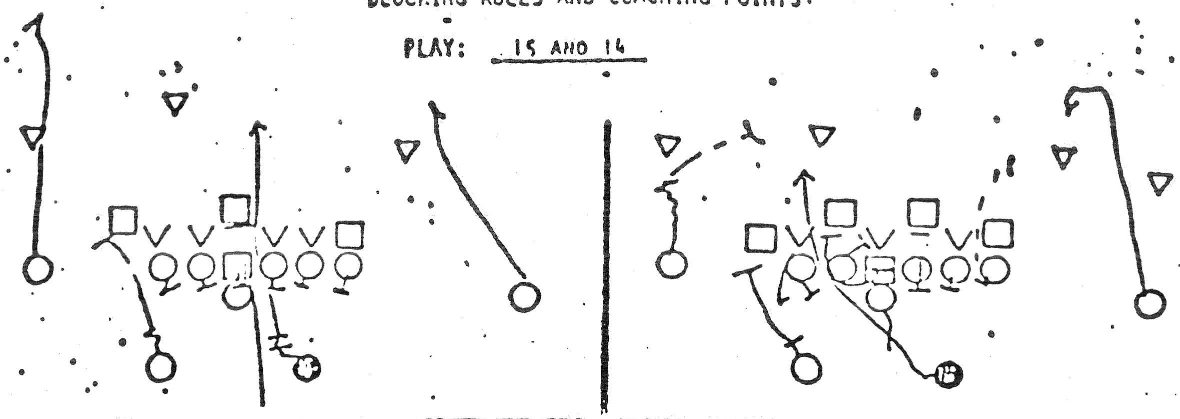
Draws
30-31 Quick
20-21 Lag
34-35 Lag
14-15 Strong
Black 14-15 (W)
Sprint

Reverses
36-37, 16-17 X or Y Reverse (TE)
20-21 F TE Reverse (W)
10-11 Full TE Reverse (W)
28-29F, 28-29 Boss Z Reverse (W)

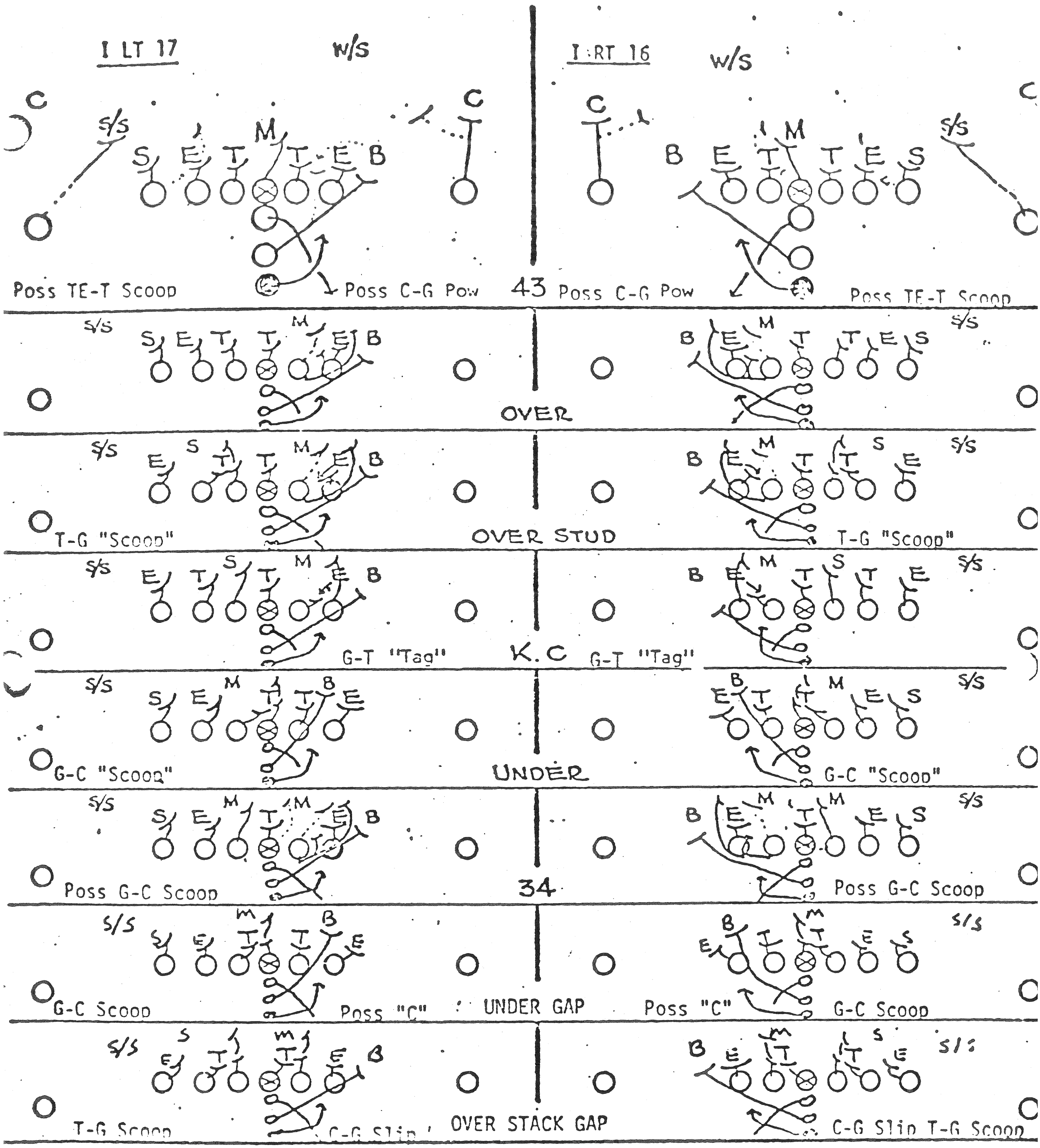
Play can be called: * to or away from TE
(TE) to TE only
(W) away from TE only

BLOCKING RULES AND COACHING POINTS.

PLAY: 15 AND 14



	BLOCKING ASSIGNMENTS	COACHING POINTS
Y	M (Wall)	Block STUB unless Bronco Force, then Block SAM You have option of taking quick pass set to inside.
ON TKL	M	Pass set, draw block, stick with man Man all stunts unless 4-3 def (then area)
ON GD	M – WIPE	Pass set strong, slightly outside, alert for quick inside penetration. Make DT declare a side. Man all stunts unless 4-3 def. (then area) - if "Wipe", block nose T.
C	M - WIPE	Pass set, Draw block - man all stunts onside, area all stunts weakside - area all stunts vs. 4-3 def. - call wipe vs. over defense (over; over stud, K)
OFF GD	M	Pass set draw block area all stunts
OFF TKL	M (Wall)	Pass set draw block, area all stunts -. if man goes deep, wall.
Z	Run Go Route Block CB when He reacts to Draw	Block your man when he recognizes draw
X	Sift Force	Cleo Block corner none block Jill vs. Press drive corner off and block him.
QB	Drop as Pass Feed BC Set as Pass	Take normal drop. Look at Target.
B.C.	Slide Parallel to QB Take Ball Run to Daylight	Slide laterally, you should be moving slightly towards LOS when you get the ball. Key defenders move. If stalemate on OG, you make slight inside move to help set up OG Blk. Key Nosemen.
R.B.	Set Quickly Block BUCK	Set quickly. Release Outside OT if at all possible. Start Pattern and make BUCK cover you and Block BUCK. If Buck dogs, block



1. No Call: Line - M blocking (Big man on big man rule). Vs. Bubble, On G can M block or option technique.

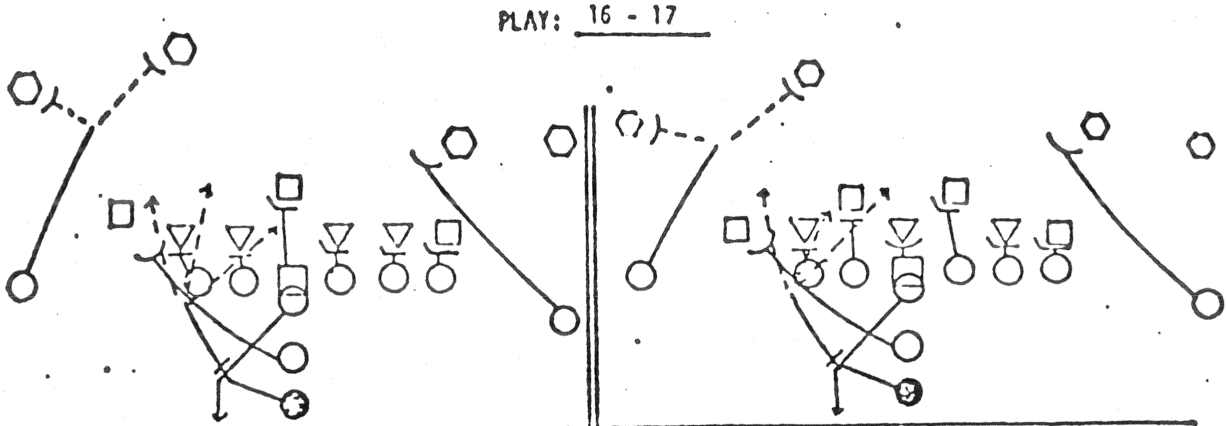
Pow: C-G Pow - On G has Mac, C has DT. T-G Tag - On G has DE, On T has Mac.

Scoop: TE-T Scoop - TE has DE, Off T has OLB.
T-G Scoop - Off T has DT, Off G has OLB.
C-G Scoop - C has Mac, Off G has nose T

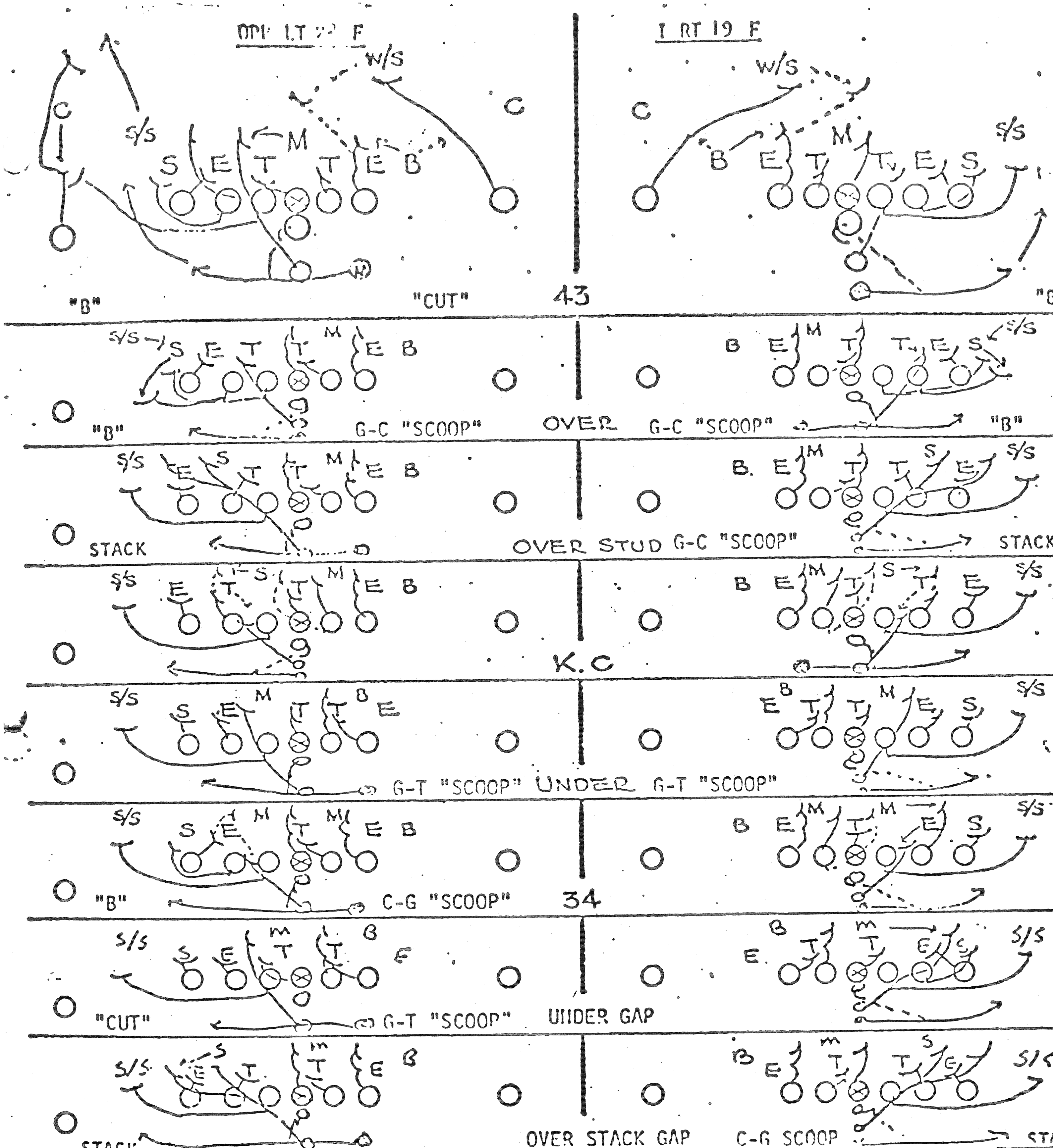
4. "C" - C has Off DT, Off G pulls around for Mac.

BLOCKING RULES & COACHING POINTS

PLAY: 16 - 17



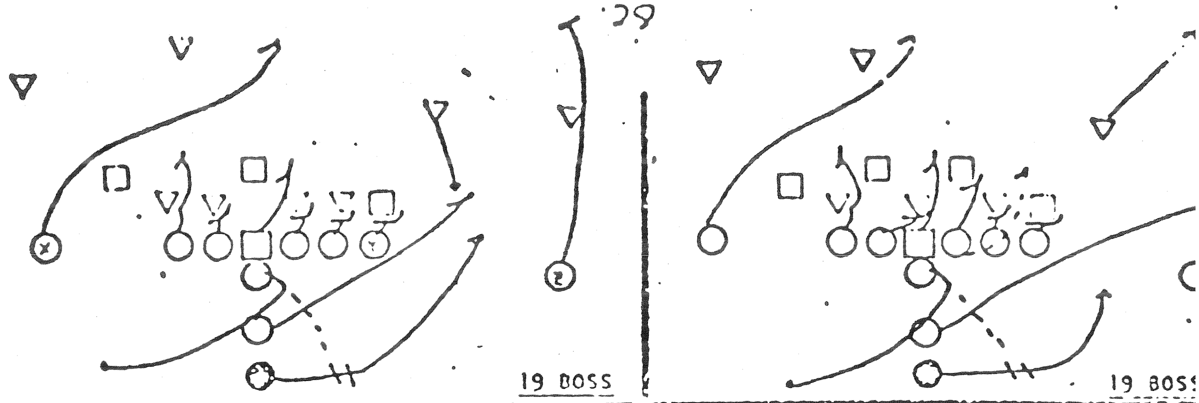
POSITION	BLOCKING ASSIGNMENTS	COACHING POINTS
"Y"	M	Tight inside aiming point. Bronco Force - Wall Stub or Sam If Scoop, cutoff DE
ON TACKLE	M - L	Head VP aiming point - knock him off LOS Vs. Bubble - alert for pinch - can call Slip Vs. Bubble where you know End will pinch. L - Call Block Buck
ON GUARD	M - Slip - Option	Prefer Slip when possible vs. Bubble "M" or option technique.
CENTER	M - Slip - Double	M preferred Slip vs 4-3 when possible. Possible Scoop vs. Under Possible vs. KC and 34 defense.
OFF GUARD	M	Block inside or scramble (especially if OT tips line stunt). Alert Scoop call vs. Under possible option or double vs. KC or 34
OFF TACKLE	M	Tight inside aiming point
"Z"	React block	Vary alignment - sprint cross field and react block.
"X"	Sift Force	If Cleo - block corner
QB	Front pivot, hand ball off	Front pivot - sprint to exchange point 4 yds. deep behind OT - handoff, then set to pass.
BALL CARRIER	Lead step roll into hole	Lead step, cross over step, you should be gaining ground and aiming for the outside leg of OT. Key OT and FB, but break to daylight. Deeper alignment.
REMAINING BACK	Block Buck	Drive to outside leg of OT to widen the hole. Key OT block. Be alert for End/Buck stunt - be ready to pickup Buck inside. "L" Call Block D.E.



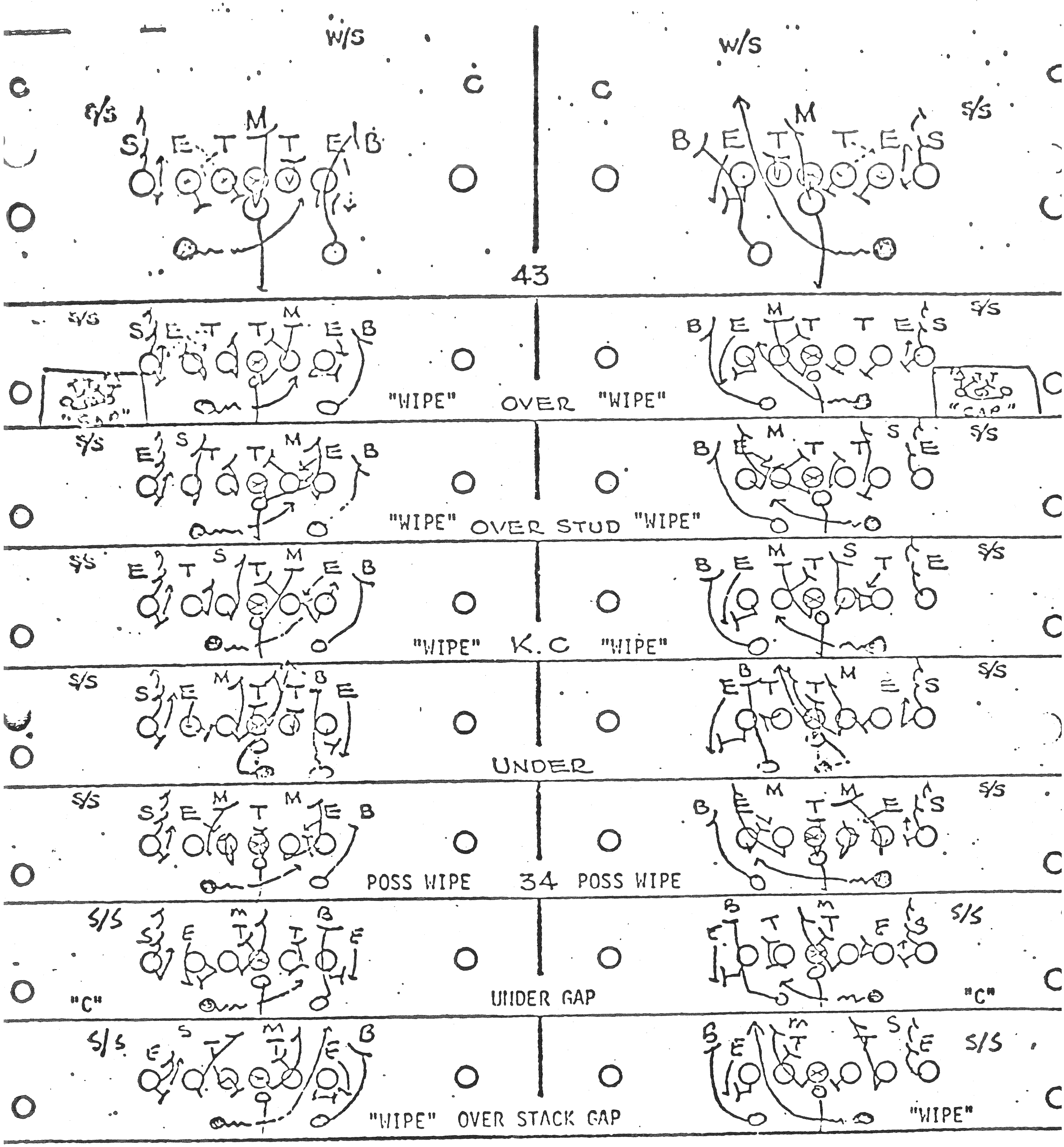
1. No Call: Line - M blocking except On G pulls & blocks S/S. If S/S deep, block corn (Vs. Bubble, On T area blocks man on & the LB with FB - aim wide). Off T - wall & sight adjust on weak safety.
2. B - TE Blocks DE & on T pulls & blocks OLB. If B vs. Bubble & DE charges inside, TE adjusts on to LB.
3. Cut: C cuts on DT & back blocks MLB.
4. STACK: Called vs stack alignment - - on T has DT & Back has Stub.

BLOCKING RULES AND COACHING POINTS

PLAY: 29 & 48 BOSS - 19 & 18 BOSS



	BLOCKING ASSIGNMENTS	COACHING POINTS
Y	M - B - Triple	Outside aiming point - If "B", block dov If "Triple", go through outside of man c and block inside LB.
ON TKL	M - Slip - Triple - B	Outside aiming aiming point (no bubble) If bubble, tighter aiming point, alert pinch (call slip when bubble & know mar is pinching). Triple - slip with TE. "B" - pull and block stub.
ON GD	M - Slip -Option - Slip	Outside aiming point (no bubble). Slip center when possible. If bubble, optio technique. Slip with T when bubble & T man is pinching. Triple - slip with T.
C	M - Slip - Scoop	Playside aiming point. Slip with on G possible vs. even defense. Scoop when possible with OFF G vs. ODD Defense (no scoop vs. under)
OFF GD	M - Scoop - Option -	Inside aiming point - Option or scoop vs odd def. (Scoop with OFF T when possib when BUCK in an L alignment).
OFF TKL	M (Wall) - scoop	Inside aiming point - scoop when possib with G when BUCK in an L Alignment.
Z	Block Deep outside defender	Cleo bump corner and block deep outside defender.
X	React Block	Sprint cross field and react block.
QB	Split backs - open out I - ~~Front~~ toss Rev.	Sprint to exchange point dire behind ba Look to target - set up as pass. I formation ~~front~~ toss to tailback. Rev.
B.C.	Lead Step. Accept Ball. Read OG or FB Block. Run to daylight. I Formation - gain ground as you accept pitch	Come flat - get ball - belly slightly - on guard's hip - threaten outside conta stay outside - when you make break - le off. "B" Call - read pulling T's block.
D.B.	Block Force. (Safety or Corner). If Bronco force,	Drive directly at S/S wherever he lines he rotates deep block corner. Alert fo Bronco force.



No Call: Line - Pass set, draw block, M assignments (Big man on big man) On G - set strong slightly outside (make DT declare a side). Area all stunts vs. 4-3. All other defenses, man on side & area offside. RB - leads on OLB (BUCK).

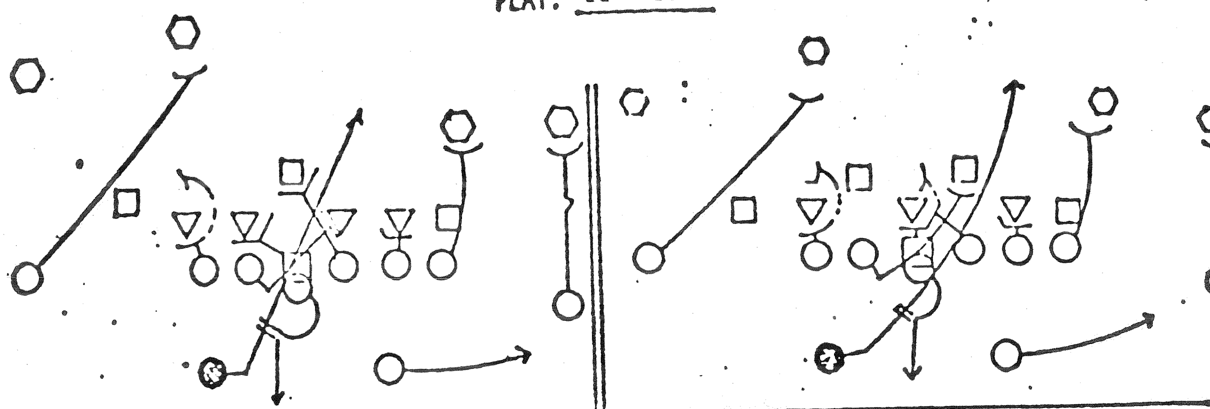
Wipe - on G blocks nose T & C comes around for MAC. (Called vs. Bubble onside or DT in onside G-C gap).

C - C blocks DT in offside G-C gap & off G sets back & comes around for MAC.

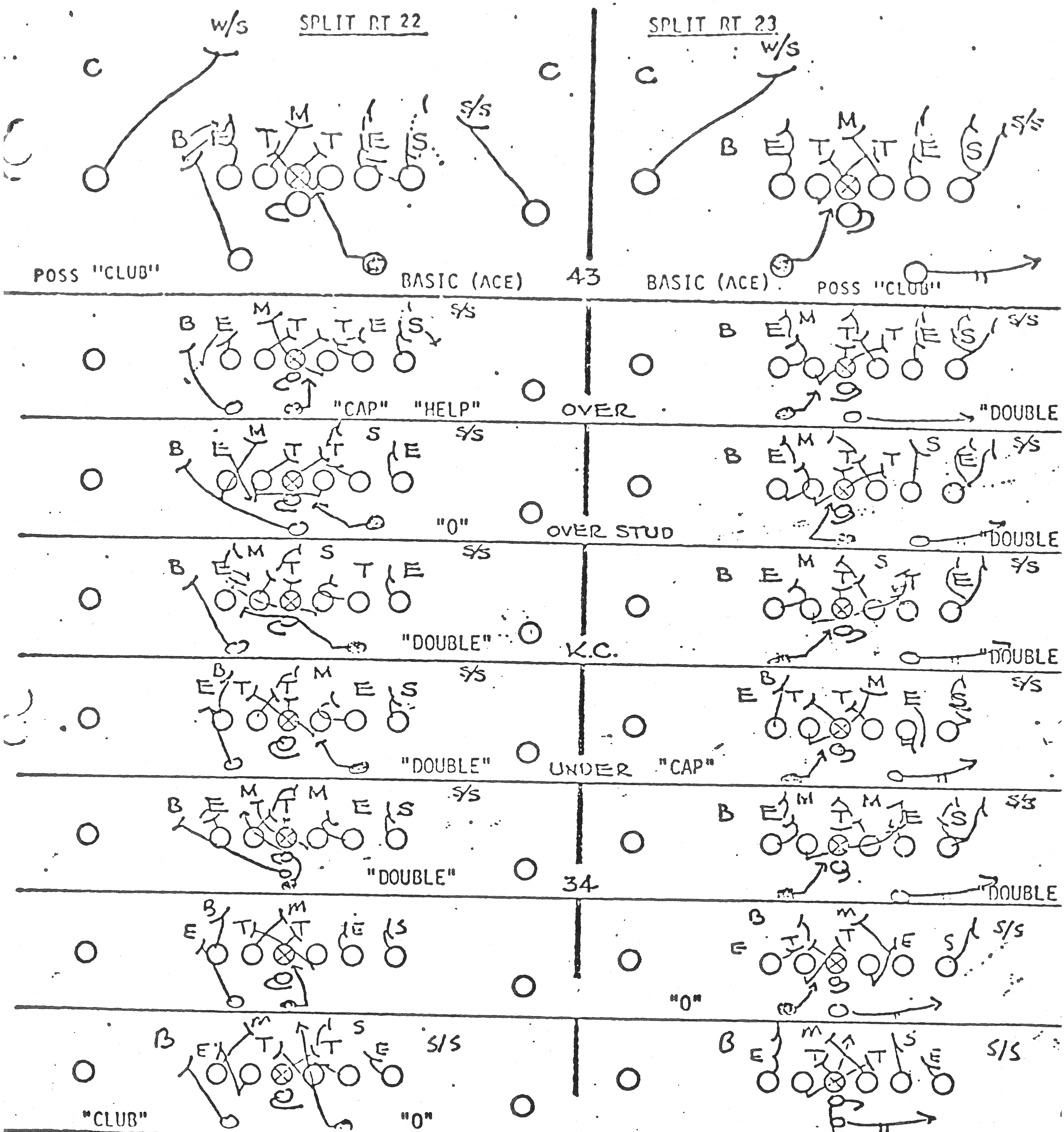
Cap - C blocks back, on G blocks nose T, & off G pulls around for MAC
(Called when DT on center & DT in offside G-C gap)

BLOCKING RULES & COACHING POINTS

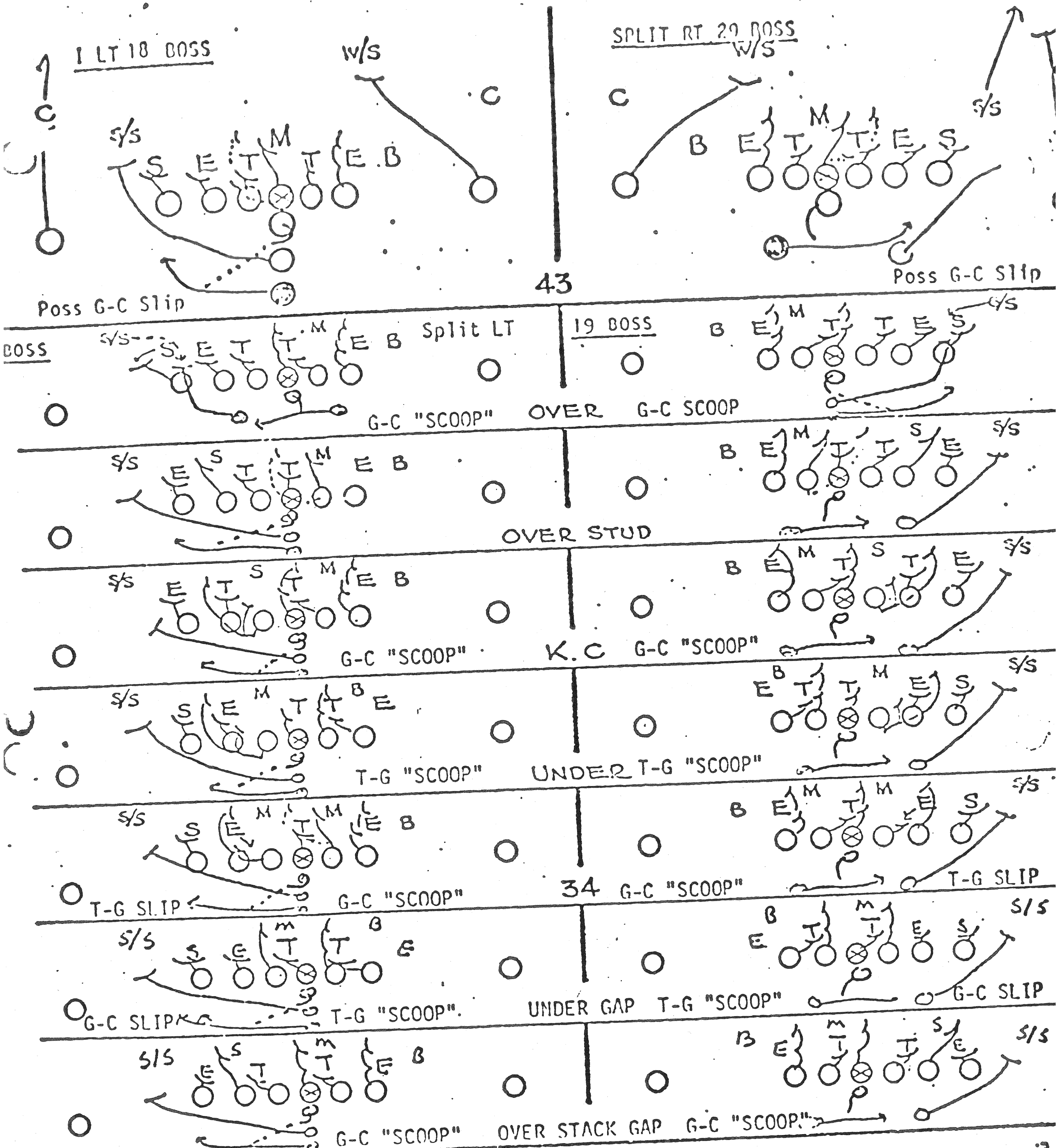
PLAY: 22 - 23



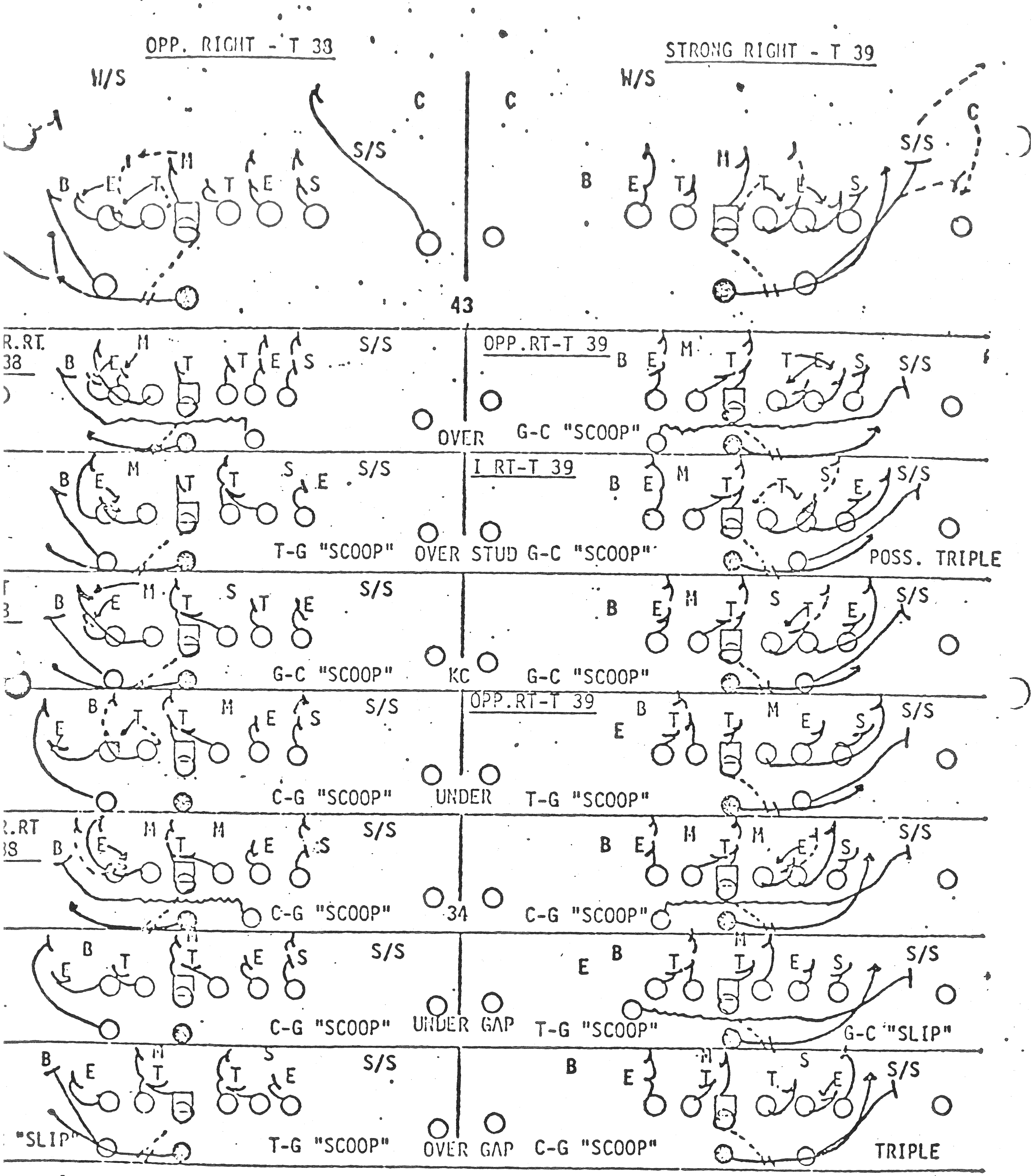
POSITION	BLOCKING ASSIGNMENTS	COACHING POINTS
"Y"	Strong - Sam Weak - Wall, or TE - T Scoop	
ON TACKLE	Strong - M Weak - Wall	Possible Club vs 4-3. Vs. Bubble possible Area Call
ON GUARD	Ace	Club Call - X. - Double vs Odd defense. Cap call when needed.
CENTER	Ace	Double vs. Odd defense. "Cap","O" or "Help" call when needed.
OFF GUARD	Ace	Traps far defensive tackle - none - block Mac, alert for area block vs Bubble
OFF TACKLE	Strong - Wall Weak - M	
"Z"	Weak - React block Strong - corner	
"X"	Block - 3111	LANDMARK - EVEN FRONT (TAIL OF O-CENTER) ODD FRONT (FAR LEG CENTER)
QB	Reverse pivot. Fake, flip hand back to ball carrier. Set up for play action pass or fake a boot.	Be sure to give guard clearance.
BALL CARRIER	Jab lateral step and receive ball - level off and key guard.	Key trapping guard - he may be forced to log in. Be alert to run to daylight. Hit wider vs Odd.
REMAINING	Fake flip - seal	Strongside always fake Flip. Weakside Seal block first man outside offensive tackle!



1. No Call: Line - Basic 3 or 2 trap blocking. TE - play to you, - S/S Play away Wall or TE T Scoop.
2. Club - On T & On G switch. On T - Mac. On G - X block.
3. Double - On G & C double nose T & Mac. *or Meek.*
4. "O" - On G blocks Nose T alone. C blocks back, helps On T & blocks LB. Off T on def. T.
5. "CAP" - On G blocks nose T alone. C blocks back now. Off T has basic trap rule



1. No Call: Line - M blocking. Vs. Bubble, On G has option technique.
2. Slip: C-G slip - On G has Mac, C has DT. T-G Slip - On G has DE, On T has Mac.
3. Scoop: C-G Scoop - Off G has nose T, C has Mac. (Scoop A)
   T-G Scoop - Off G has OLB, Off T has DT.
4. "B": TE blocks down and on 7 pulls for Stub.

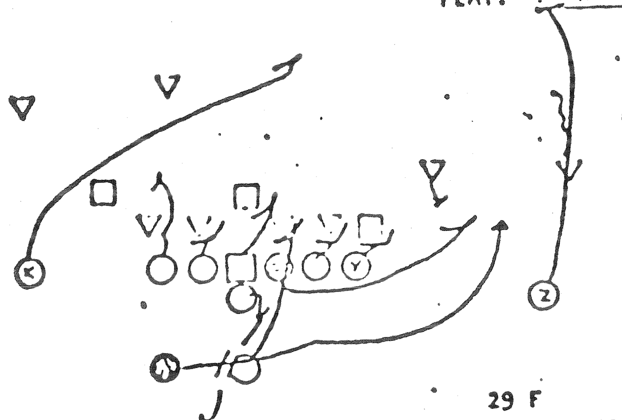


1. NO CALL - Line - On T and On G PULL block. C and Off G - M block to side of play. Off T - wall. TE - if play to, M block. If play away, wall. RB - if play away from TE, block Buck. If play to TE, block S/S. (If S/S deep, block Corner)

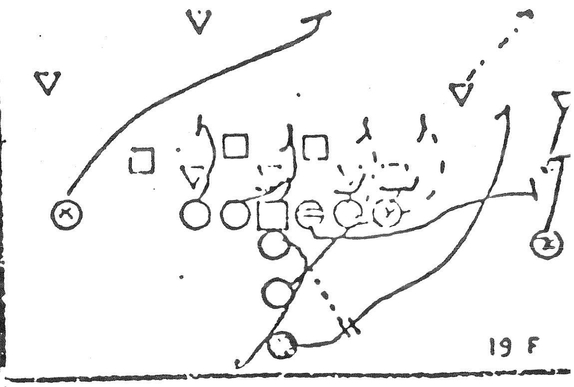
2. TRIPLE - TE hits thru outside of man over and takes inside LB. On T has TE's man.

BLOCKING RULES AND COACHING POINTS

PLAY: 29 & 28 F - 19 & 18 F



29 F

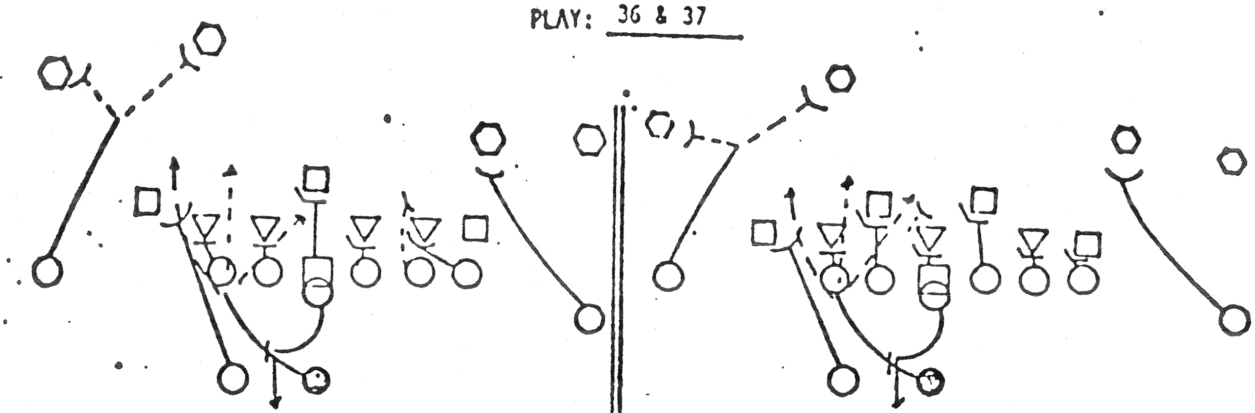


19 F

	BLOCKING ASSIGNMENTS	COACHING POINTS
Y	M - B (Poss Stack vs. stacked OLB)	Outside aiming point - if B block down
ON TKL	M - B (Poss Stack vs stacked OLB)	outside aiming point - call B if DE wide vs. bubble, if man pinches, continue on inside LB. Call stack if stub in stack position & block down.
ON GD	Pull - Force	Pull, key block on end man & block SS If SS deep, turn out on corner
C	M - Cut	Wide aiming point playside. Call cut vs even Def. when DT is pinching or obstructing path to MAC. Scoop when possible vs. Odd defense (no scoop vs. u
OFF GD	M - Scoop	Playside aiming point scoop when possibl vs. Odd Defense. (scoop with Off T vs. B LB in "L" position)
OFF TKL	M (Wall) - Scoop	Scoop with G when possible vs. stub LB i stack position.
Z	Block deep outside defender	Cleo, bump corner and block deep outside defender.
X	React Block	Sprint cross field & react block.
QB	Front Out opp. or I Form	Front Out sprint to exchange point dir behind ball - look to target - set up as pass: I Formation front toss to tailback
R.C.	Lead Step. Accept Ball. Read OG or FB Block. Run to daylight. I formation - gain ground as you take pitch	Come flat - get ball - belly slightly - guard's hip - threaten outside contain - outside - when you make break - level of formation receive toss from QB.
R.B.	Even Defense: Blk pulling GD's area. Cut call. Block Mac. Vs Bubble - area block with	Cut means: Center will take DT and FB, Mac on Even Defenses. Odd: Aim for in leg of tackle, be alert for pinch other

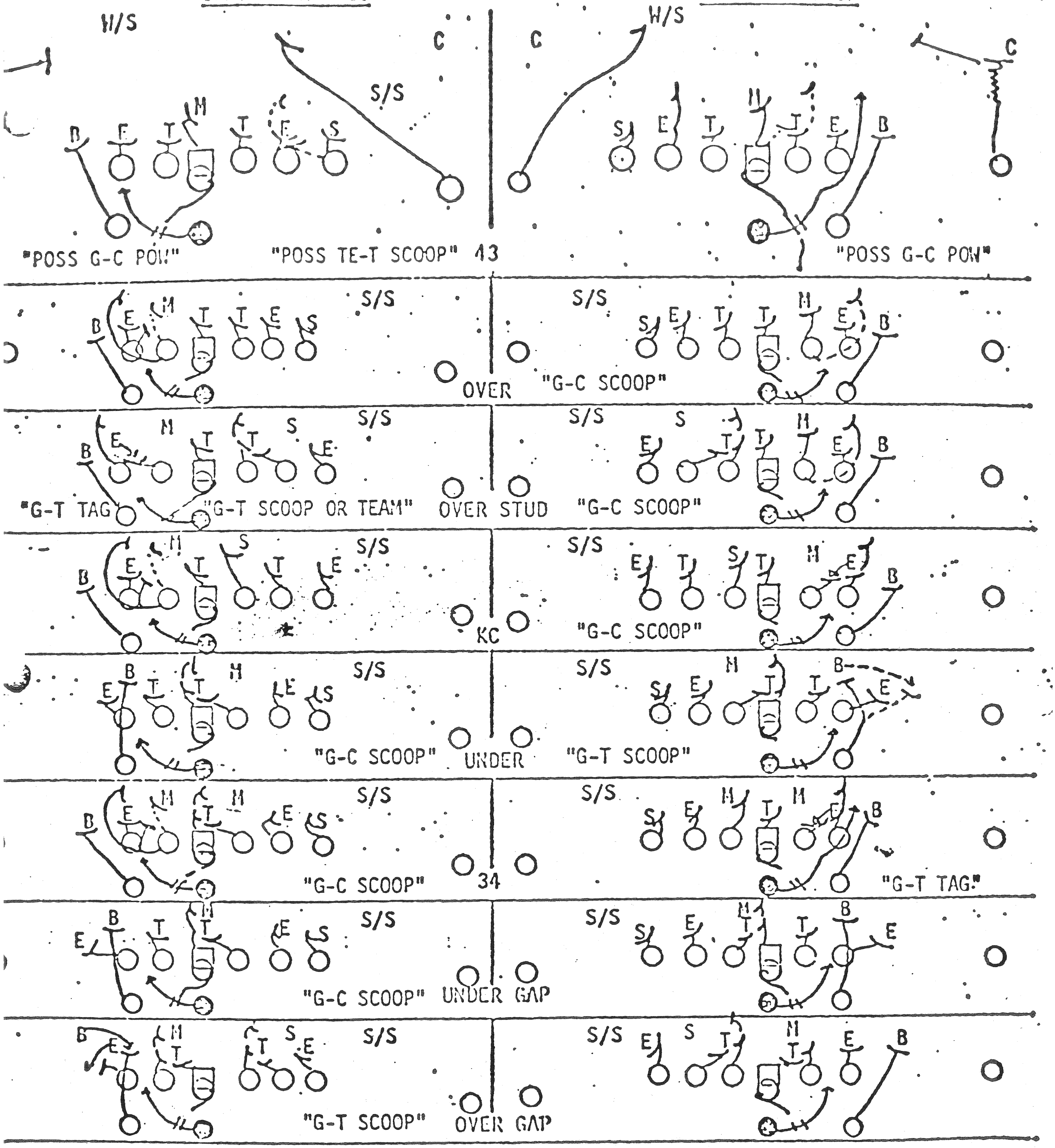
BLOCKING RULES & COACHING POINTS

PLAY: 36 & 37



POSITION	BLOCKING ASSIGNMENTS	COACHING POINTS
"Y"	M - Scoop	Tight inside aiming point. Bronco Force- If Scoop cut off DE.
ON TACKLE	M - Tag - L	Head on aiming point - knock him off LOS. Vs. Bubble - alert for pinch. Can call Tag Vs. Bubble where you know End will pinch L - Call Block Buck
ON GUARD	M - Pow - Option - Tag	Head on aiming point. Vs. Bubble "M" option technique or Tag Pow vs 43
CENTER	M - Pow - Scoop	"M" or Pow vs. 4-3 Possible Scoop vs Odd Defense
OFF GUARD	M - Scoop - Option	Block inside or scramble (especially if DT tips line stunt). Alert Scoop call vs. Bubble possible option
OFF TACKLE	M - Scoop	Tight inside aiming point Stub location possible Scoop
"Z"	React block	Sprint cross field and react block
"X"	Sift Force	Cleo block corner - none - block Jill
QB	Open out. Feed FB deep. Set up like play pass	After handoff, fake play pass. Get head around quickly. Don't force too wide.
BALL CARRIER	Lead step to outside leg of OT. Read OT's block, run to daylight	Short lead step on cross over step you should be gaining ground and aiming for the outside leg of OT. 3rd step should roll you to the hole. Key OT and HB block, but break to daylight.
REMAINING BACK	Block Buck	Drive for outside leg of OT to widen the hole. Key OT block - go outside of OT if possible to block Buck. EE position - alert to cut Buck. Buck change - block DE read on move.

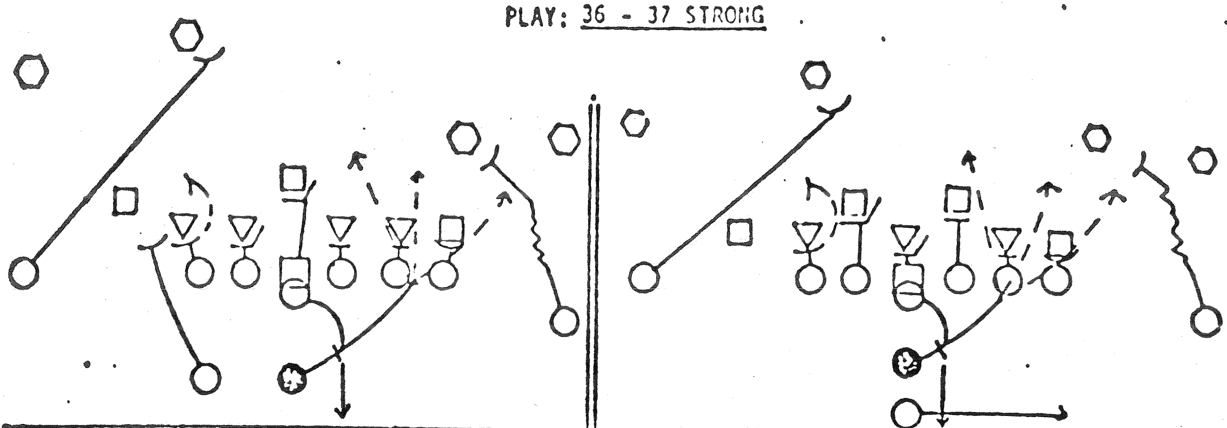
OPP. RIGHT - 36 OPP. LEFT - 37



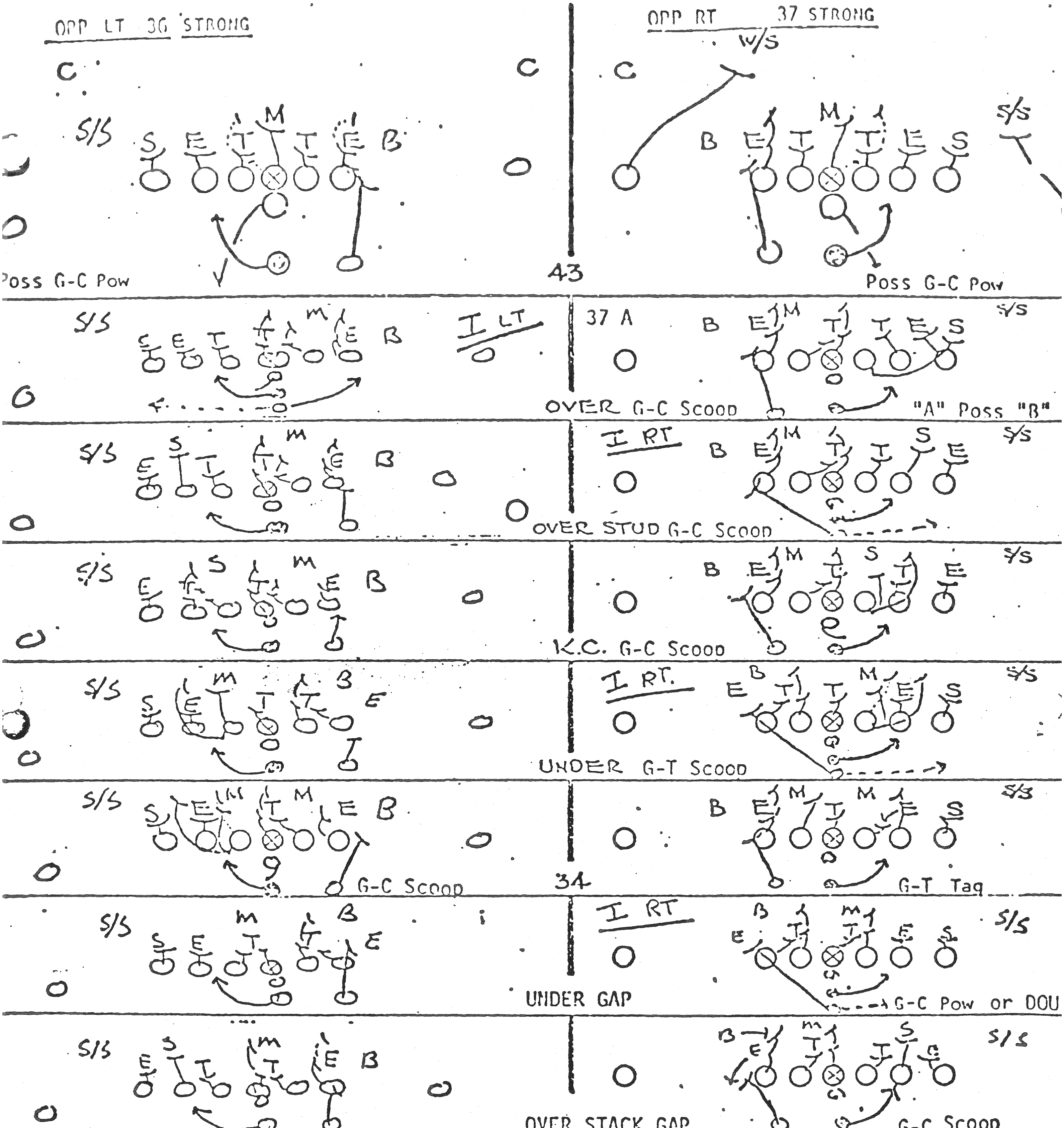
1. NO CALL - Line - M blocking (big man on big man rule). VS Bubble, On G has M or option technique.
2. POW - G-C Pow - On G-C, MAC, DT. G-T Tag - On G-T, DE AND INSIDE LB.
3. SCOOP - G-C Scoop. Off G has DT. C has Mac. G-T Scoop. Off G has OLB, Off T has DT. TE-T Scoop. Off T has OLB. TE has DE.

BLOCKING RULES & COACHING POINTS

PLAY: 36 - 37 STRONG



POSITION	BLOCKING ASSIGNMENTS	COACHING POINTS
"Y"	M - A - B	Head up aiming point - get movement. If "A" call, block down on DE.
ON TACKLE	M - A - Tag - B	Head on aiming point. Get movement. If "A" call, block down on DT. If Bubble, and you anticipate DE pinching, may Tag with OG
ON GUARD	M - Option - Pow - Tag - A- B	M block head on aiming point - get movement - Can Pow with center when possible. Vs Bubble M block or option technique. (Can Tag with tackle if tackle's man shows pinch)
CENTER	M - Pow - Scoop	Tight playside aiming point - get movement. Even defense - can Slip with G when possible. No slip if "A" call. Odd Def.-Scoop when possible with OG
OFF GUARD	M - Scoop - Option	Tight inside aiming point - get movement. Odd Def. - Scoop with center when possible. (May option around vs. Bubble) May Scoop with T when Buck in "L" alignment.
OFF TACKLE	M (Wall)	Wall DE and OLB - may Scoop with G when Buck in "L" alignment.
"Z"	Safety	Block strong safety Zing, Float, Wing - Block Sam
"X"	Block Jill	Sprint at Jill and block
QB	Front out - mesh with ball carrier - set up as play pass	Front out - show ball to get movement on defensive men - mesh with FB - look to target on handoff get depth quick
BALL CARRIER	Lead - cross over - roll to hole - run to daylight	Lead - gain ground on cross over - roll into hole - run to daylight - key TE's block
REMAINING BACK	~~Seal block weakside with OT~~	Away Call: Seal



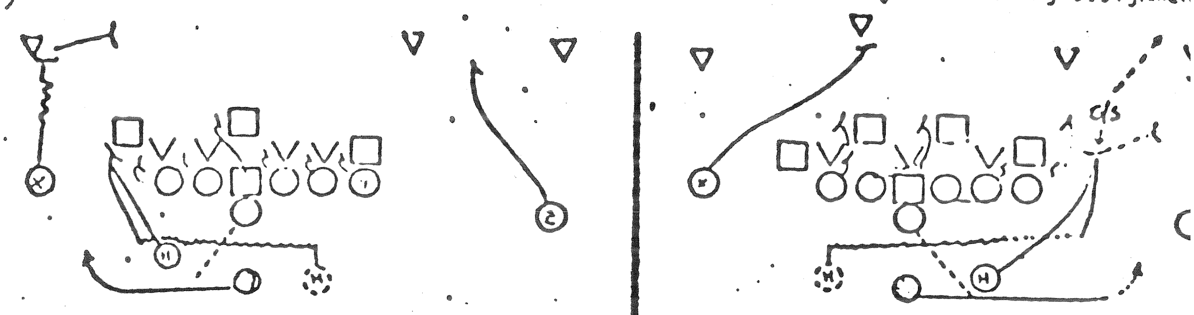
1. No Call: Line - M blocking (big man on big man rule). Vs Bubble, On G has M or option
2. Pow: G-C Pow - On G has Mac, C has DT. G-T Tag - On G has DE, On T has Mac.
3. Scoop: G-C Scoop - Off G has DT, C has Mac G-T Scoop - Off G has OLB, Off has DT TE-T Scoop - Off T has OLB, TE has DE
4. A - TE has DE, On T has DT; On G has OLB.
   B - TE has DE, On T has OLB.

BLOCKING RULES AND COACHING POINTS

PLAY: T 38 - 39

3ᵉ 39 Toss

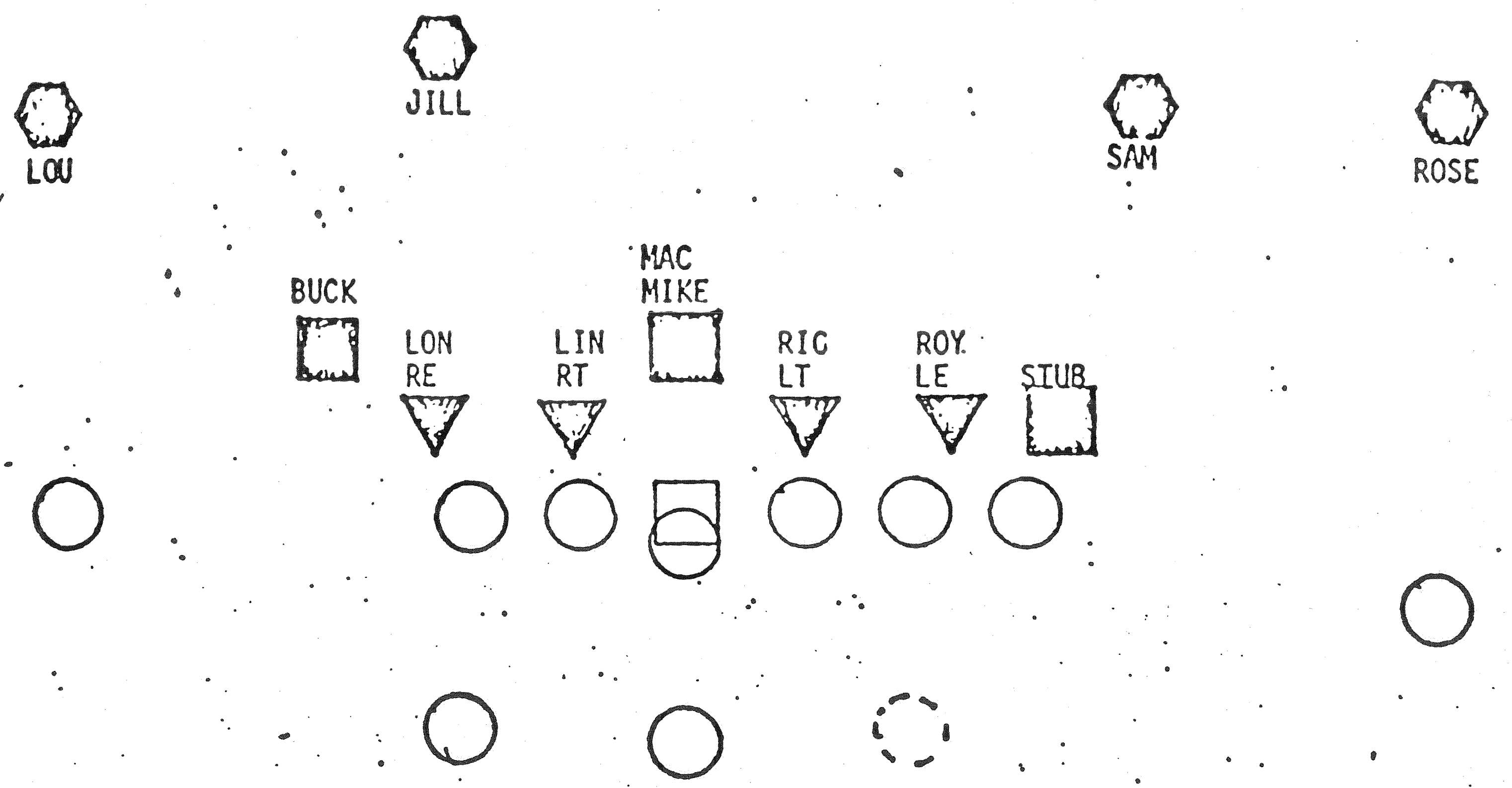
T = Toss/Reach Blocking
Automatic motion to your blocking assignmen



	BLOCKING ASSIGNMENTS	COACHING POINTS
Y	Strong - M - Triple Weak - M (Wall) - Scoop	Strong - Hook man - call triple if on T pull & hook your man (outside release; push man inside & block inside LB)
ON TKL	Pull (M or slip) - triple	Pull & Cut man if he's playing out. If man pinches continue on for inside LB Triple - pull & hook or cut TE's man
ON GD	Pull (M or Slip)	Pull & Hook or cut man if he's playing o (if stunt in, hook DE or continue on & lead play if DE pinches too far inside
C	M - Scoop - Slip	Wide aiming point to side of play Scoop where possible vs. Odd Def.
OFF GD	M - Sight adjust - Scoop	Inside aiming point - if man loops away from play, continue on. Odd Def - scoop where possible.
OFF TKL	M (Wall) - Scoop	Inside aiming point - wall DE & OLB - scoop with G when OLB in a stack or L alignment
Z	Weak - react block Strong: Block Deep outside defender	
X	Weak - sift force Strong - react block	
QB	Reverse or front pivot - toss ball to FB.	Toss ball to FB. Must set HB in motic if HB aligned opposite of play. (Use heel side of back)
B.C.	Sprint lateral - receive toss.	Get width as fast as possible. Read bloc and run to daylight.
R.B.	Weakside - BOB Strongside - BOSS	T - means that if you are not in position block Bob or Boss QB will set you in moti to execute assignment. If buckeye change block DE

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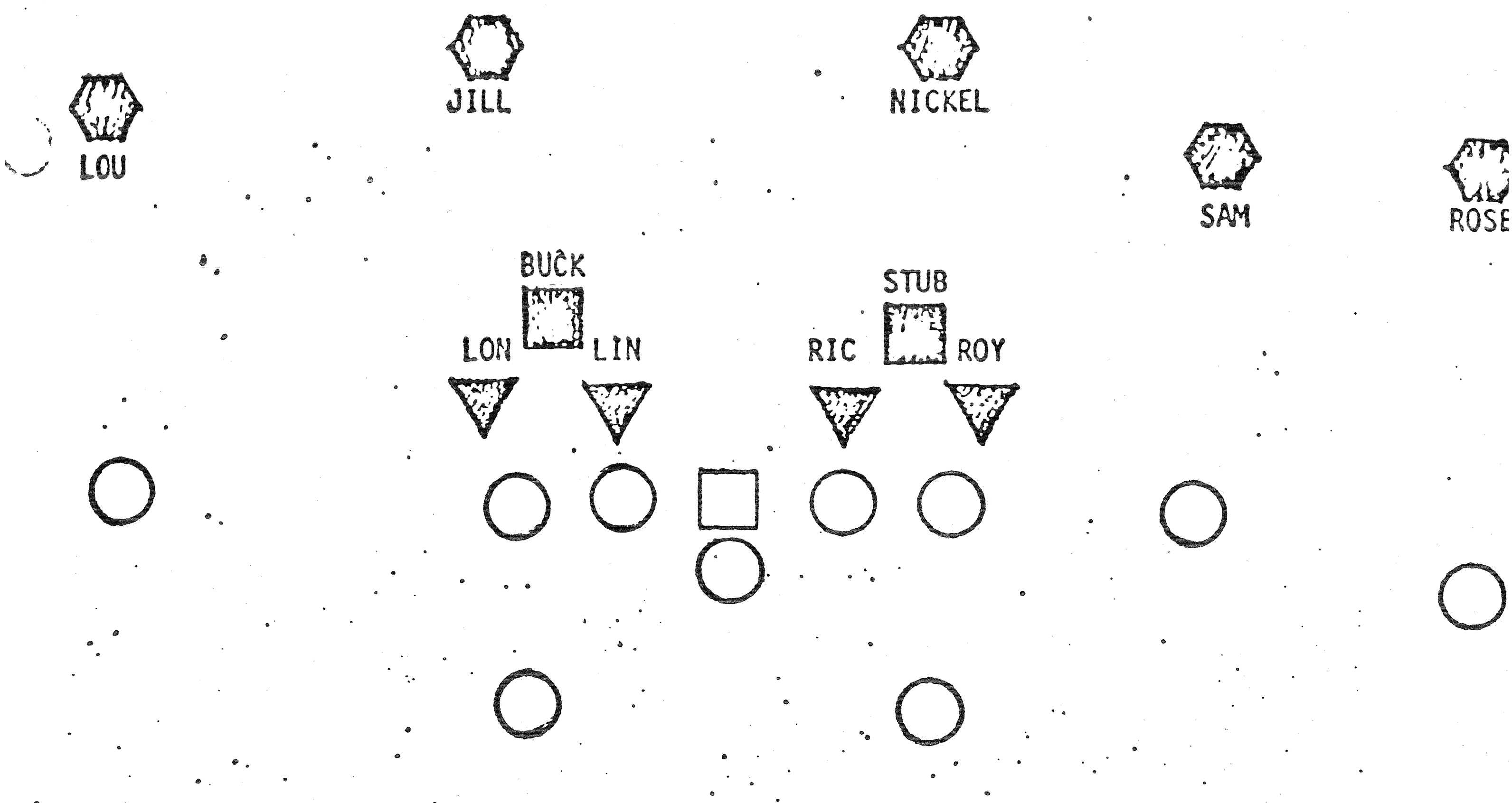
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TERMINOLOGY TO IDENTIFY DEFENSIVE POSITIONS

LINEMEN:	ROY	=	Right outside rushman (le)
	RIC	=	Right inside rushman (lt)
	LIN	=	Left inside rushman (rt)
	LON	=	Left outside rushman (re)
LINEBACKERS:	MAC	=	Middle linebacker (called MIKE if in 3 pt stance)
	BUCK	=	Weakside linebacker (whether right or left)
	STUB	=	Strongside linebacker (whether right or left)
DEEPBACKS:	ROSE	=	Right outside halfback.
	JILL	=	Weak Safety (whether right or left)
	SAM	=	Strong Safety (whether right or left)
	LOU	=	Left outside halfback

NICKEL IDENTIFICATION



TERMINOLOGY TO IDENTIFY DEFENSIVE POSITIONS

LINEMEN	ROY	- Right outside rushman (LE)
	RIC	- Right inside rushman (LT)
	LIN	- Left inside rushman (RT)
	LON	- Left outside rushman (RE)
LINEBACKERS	BUCK	- Weakside linebacker (whether right or left)
	STUB	- Strongside linebacker (whether right or left)
DEEP BACKS	ROSE	- Right outside halfback
	JILL	- Weak safety (whether right or left)
	SAM	- Strong safety (whether right or left)
	LOU	- Left outside halfback
	NICKEL	- Replaced Mac (5th defensive back)

DEFENSIVE TERMINOLOGY THE OFFENSE MUST KNOW

1. OFFENSIVE LINEMEN, TIGHT ENDS & BACKS:

ISO.	Stunt with the two tackles going in the same direction, with the end coming around inside.
ISX	Stunt between tackles where they cross on snap of ball.
IZZY	Stunt with the end and tackle on the same side going inside, with the tackle coming outside.
JERRY	Inside charge of tackle lined up away from tight end.
LEX	Lineman stunts where DE and DT exchange run hole responsibilities by crossing on L.O.S. on snap of ball.
LIN	Inside stunt by defensive left tackle.
LION	Denotes both tackles slanting left.
MEX	A lineman and Meek crossing; Meek goes 1st and lineman 2nd.
MIX	A lineman and Mac crossing; Mac goes 1st and lineman 2nd.
NORMAL	Position of personnel as determined by defense called.
NOSEMAN	Lineman position when lined up on nose of offensive center.
PINCH	Charge of defensive end to the inside gap strongside.
PRE-SNAP LOOK	The alignment that the defense gives prior to the snap of ball.
RAM	Denotes both tackles slanting right.
READ	When a defensive lineman is lined up off ball and immediately pursues with flow.
REX	Lineman stunt where DE and DT exchange run hole responsibilities by crossing on L.O.S. at snap of ball.
RIC	Charge of right defensive tackle to the inside gap.
SAFE	Change of technique by defensive end to play into 6-7 hole strongside tough (Under defense).
SALLY	In 34 Defense with nose and ends slanted toward "Y".
SINK	Alignment of a defensive end in a guard/tackle gap. Example: Over Sink, Under Sink
SLAM	Tackle and end on side of tight end charging to the inside.
SLANT STRONG	Both tackles and ends slanting strongside.

SLANT WEAK	Both tackles and ends slanting weakside.
SOLID	To alert certain defensive linemen and linebackers to a change in technique and/or alignment from the basic front call.
DOUBLE SPECIAL	A stunt used on goal line defenses to tell tackles and ends to work to the outside.
SPY	To tell one defensive lineman that he has draw-screen-scramble responsibilities.
TEX	Tackles and ends run Rex and Lex at the same time.
TILLIE	Tackle, and and backer on side of tight end charging to inside gap on snap of ball (strongside).
TITE	Lin and Ric charge to inside gap on snap of ball.
TITE INSIDE	Lin, Ric, Lon, Roy and both backers charge to inside of gap on snap of ball.
TOM	Charge of tackle on tight end side to inside gap.
VIKING	Call and technique tells noseman to drive solid into center and control both gaps.
WEDGE	Both tackles and both ends charge to inside gaps on snap of ball. In 34 Defense both ends charging to inside.
WHAM	Tackle and end on side away from tight end charging to the inside (weakside).
WIDE	Lin and Ric charge to outside gaps on snap of ball.
WILLIE	Tackle, end and backer away from tight end charging to inside gap on snap of ball (weakside).
WILMA	In 34 Defense noseman and both ends slanting weakside, away from tight end.

2. WIDE RECEIVERS, BACKS & QUARTERBACKS

ALLEY OR SEAM	Area outside of hashmark, splitting the hashmarks and numbers 15 or more yards deep.
BRONCO	Stub or Buck linebacker is the primary outside force man on 8 & 9 hole plays.
BUZZ	Drop of a linebacker on pass coverage where the backer is lined up or responsible for the outside area either man-to-man or zone.
BLITZ	Used whenever a defensive back is dogging.
CAIN	Coverage used by defenses on weakside formations involving Jill and Corner. Jill and Corner are in and out coverage on weak back and "X" receiver.
CHARGER	Variation of Cover 2 used when defensive corners show Bump and Run technique but play Cone.
CLEO	Corner force on 8 & 9 hole runs.
COCO	Variation of 2 Yale, Jill & Corner Cone "X"; Sam & Corner Cone "Z".
COMBO	Inside and outside coverage on "Y" and strong back by Jill & Sam.
CONE	Type of coverage technique where defensive secondary is going in and out on an outside receiver.
CONNY	Cone coverage on "Y" by Corner & Jill when "Y" in Slot Formation.
DEEP MIDDLE	Area referred to in 3 deep coverage as the middle 1/3 of field over 15 yards deep.
DEEP OUTSIDE	Area referred to in a 3 deep zone area from 5 yards outside hashmark to sideline beyond 15 yards deep.
DIME	A defense where a team is using a 5th and 6th defensive back, replacing linebackers or special coverages.
DOGS	Ten categories of Dogs for Coverages:

1. Red Dog — Stub & Buck Dogging
2. Mad Dog — Mac-Stub-Buck Dogging
3. Weak Dog & Cat — Mac-Buck Dogging
4. Strong Dog & Cat — Mac & Stub Dogging
5. Middle Dog — Mac & Meek Dogging (34 Defense)
6. Buck I — Buck Dogging
7. Mac I — Mac Dogging
8. Stub I — Stub Dogging
9. Meek I — Meek Dogging
10. Blitz — Sam or Jill Dogging

FAN AREA	Area located 8-25 yards deep, outside the numbers.
FLAT AREA	Area from 2 yards outside numbers to sideline under 8 yards deep.
FORCE	Person responsible for turning play inside.
HOLE	Area between the hooks, up to 15-18 yards deep.
HOOK AREA	Area vertical to "Y" position, up to 15 yards deep.
JET	Dog by your linebacker to cover you man-for-man; keeps you out of pattern.
MAMBO	Technique used by Mac and Stub indicating in and out coverage on "Y" and first back.
MIKE	Variation of Cover 1 that tells Mac he is free in the middle.
NICKEL	Fifth defensive back replacing linebacker for special pass coverage.
OUT CALL	Technique used by defensive back when he lines head up on receiver and linebacker lines outside.
OUT AREA	Area from 2 yards outside numbers to sideline 8 to 18 yards deep.
PATTI	Bump and Run coverage on "Y", "Z" when in Slot, with Jill protecting deep.
PEEL	Technique used by linebacker or defensive back on Dogs to cover offensive back if he releases.
PICK	Screen by a receiver on a defensive back to take him out of coverage.
PRESS	When a defensive back uses Bump and Run technique on a receiver.
PREVENT	Special defense used in certain situations to stop the long pass.
RAINBOW	Variation of Cover 1 - Mac and Buck to drive weak (possible Stub). Jill and Weak Corner zoning outside 1/3.
SAM UP	When strong safety (Sam) is lined up 1 to 3 yards from L.O.S.
SANDY	In and out coverage by Mac and Buck on weak back.
SKY	Safety force on 8-9 hole runs (Sam).
SLOOP	Indicates tight man-for-man coverage by outside linebacker on back flowing away.
SLOT AREA	Area between wide receiver and "Y" or offensive tackle up to 15 yards deep.
SPECIAL	Strong coverage by Jill.
STORM	Type of goal line coverage - Mac and strong safety cover in and out on "Y" and first back.

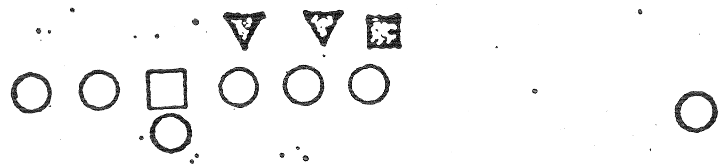
STRONG ZONE	Rotation of secondary to the two receiver side.
TAKE	Variation of linebacker coverage on Cover 2 Yale where strong linebacker takes "Y" man-for-man.
WANDA	Variation of Cover 1 that tells Mac and Buck to drive weak.
WEAK ZONE	Rotation of secondary to the one receiver side.
YALE	Variation of Cover 2 that is man-to-man coverage underneath.
YO YO	Type of coverage where Mac and outside linebacker double tight end when only one back in backfield.
ZIP	Variation of Cover 1 - tells Mac and Stub to drive strong.

C. LOCATIONS OF DEFENSIVE PERSONNEL

LINEBACKER LOCATIONS (STUB)

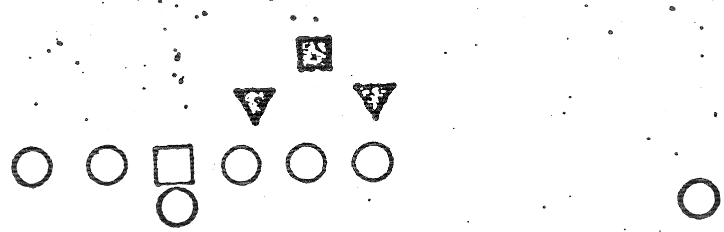
1. NORMAL - STUB lined up Head Up to Outside shoulder of "Y"

Example:



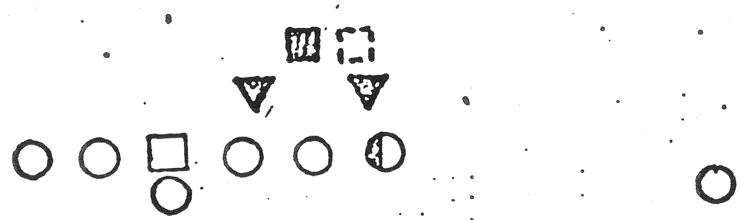
2. STUD - STUB lined up in Guard Tackle area off L.O.S. and DE lined up Head Up or Outside of "Y"

Example:



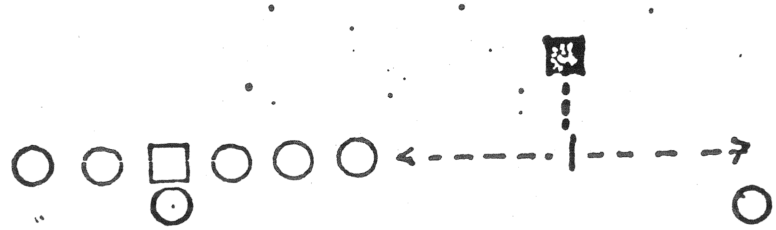
3. STACK - STUB lined up in Guard Tackle area off L.O.S. and DE lined up on Inside shoulder of "Y"

Example:



4. SLOT - Strong Linebacker (STUB) lines up approximately half way between "Y" and "Z" off the L.O.S.

Example:

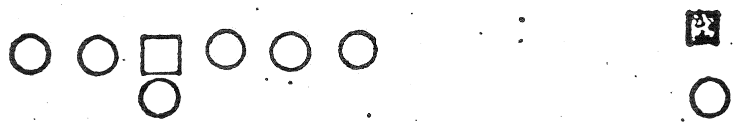


C. LOCATIONS OF DEFENSIVE PERSONNEL (cont)

LINEBACKER LOCATIONS (STUB)

5. ZEE - Strong Lineback (STUB) on "Z" Head up, Outside, or Inside 1 yard back

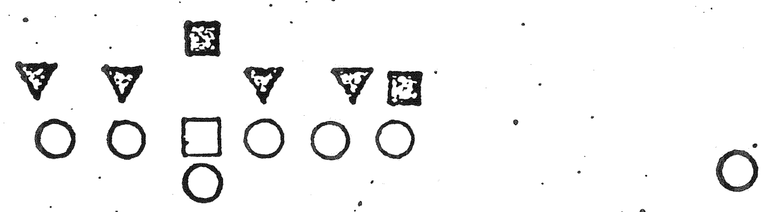
Example:



LINEBACKERS LOCATIONS (MAC)

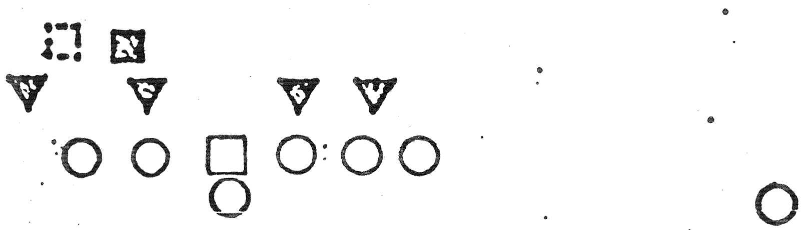
1. NORMAL - Middle Linebacker (MAC) lined up Head on Offensive Center approximately 1-1/2 off L.O.S.

Example:



2. "50" - MAC lined up on Weak side Guard Tackle area off L.O.S.

Example:

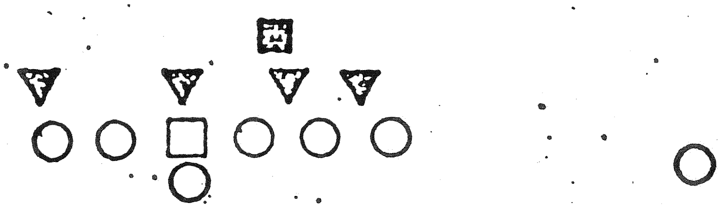


C. LOCATIONS OF DEFENSIVE PERSONNEL (cont)

LINEBACKER LOCATIONS (MAC)

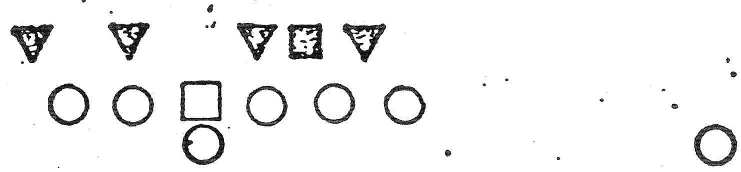
3. 40 - Middle Linebacker (MAC) lined up on Strong side Guard Tackle area off L.O.S.

Example:



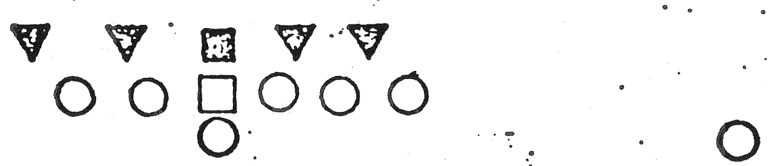
4. 40 MIKE - MAC lined up on Strong side Guard Tackle area on L.O.S.

Example:



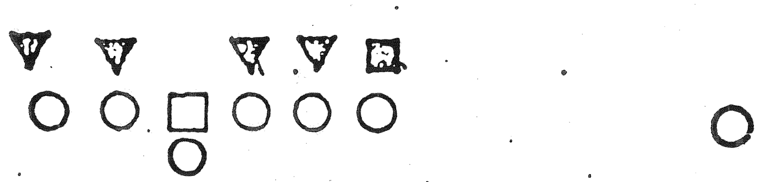
5. 20 - MAC lined up on off Center on L.O.S.

Example:



6. 60 - MAC lined up on Tight End "Y" on L.O.S.

Example:

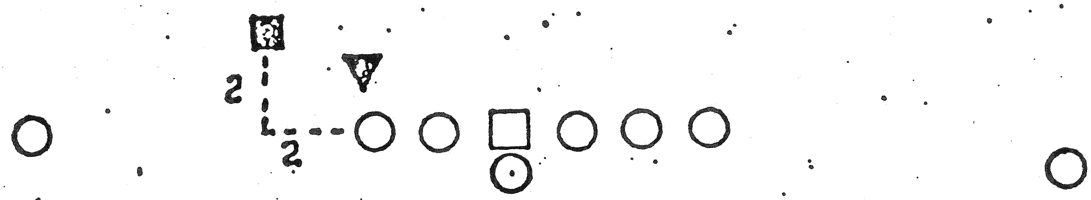


C. LOCATIONS OF DEFENSIVE PERSONNEL (cont).

LINEBACKER LOCATIONS (BUCK)

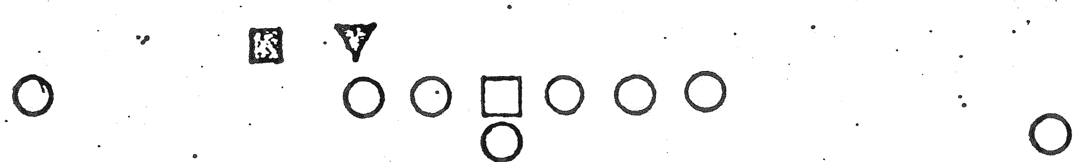
1. "E" - Weak side Linebacker (BUCK) lined up 2 yds deep and 2 yd wide from Offensive Tackle

Example:



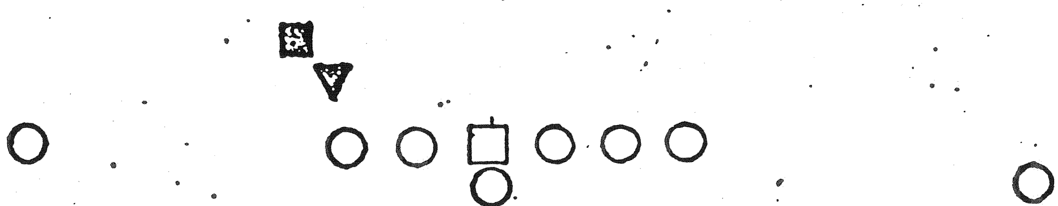
2. DOUBLE - "EE" - BUCK lined up on L.O.S. on the Weak side.

Example:



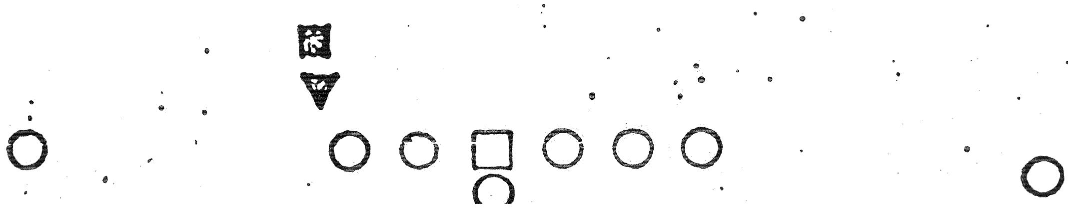
3. H - BUCK lined up on HIP of Defense End

Example:



4. "S" - BUCK Linebacker who is stacked directly behind his Defensive End.

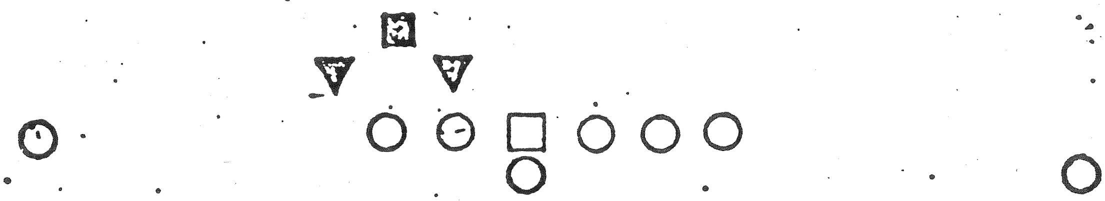
Example:



C. LOCATIONS OF DEFENSIVE PERSONNEL (cont)

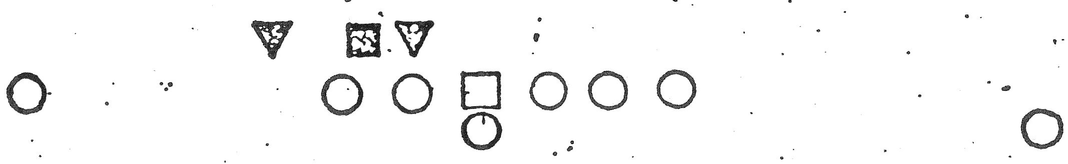
LINEBACKER LOCATIONS (BUCK)

5. L - BUCK lined up in Guard-Tackle area off of L.O.S.
   Example:



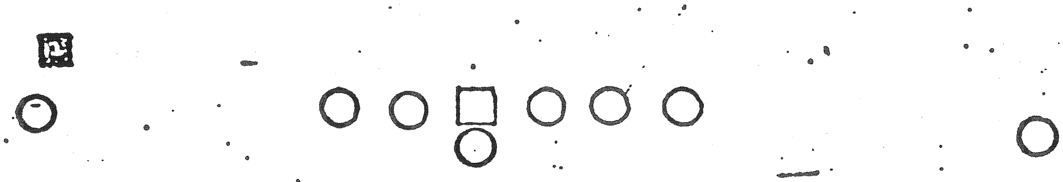
6. TT - BUCK lined up in Guard-Tackle area on L.O.S.

   Example:



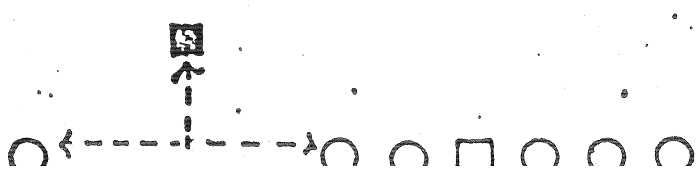
7. "X" - BUCK lined up on "X" Head up, Outside or Inside 1 yd back.

   Example:



8. W - Weakside LB (BUCK) lines up approximately half-way between "X" and OT, half that distance off L.O.S.

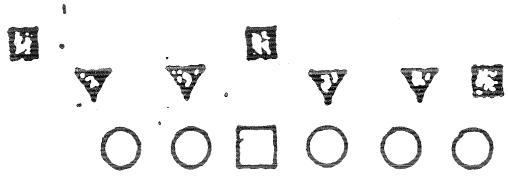
   Example:



BASIC FRONTS

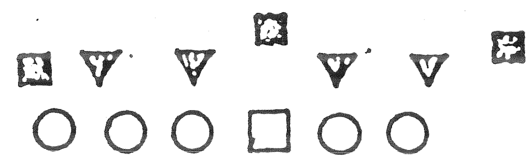
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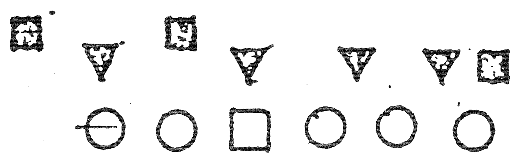
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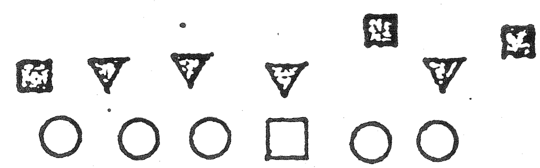
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OV



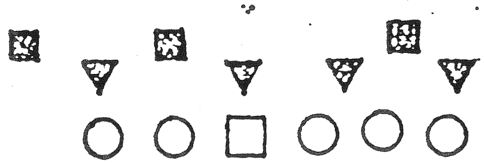
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OVER



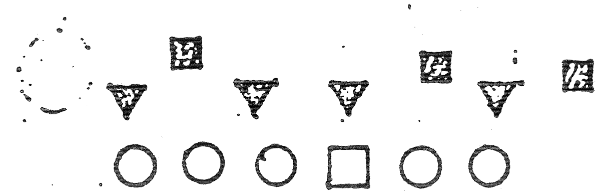
OVER STUD

OVS



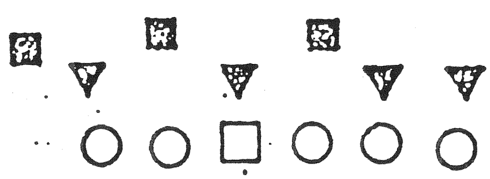
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OVER STUD



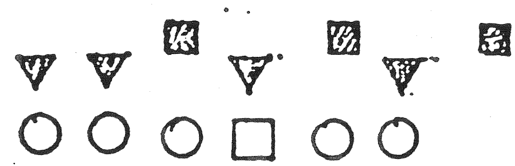
KANSAS CITY

KC



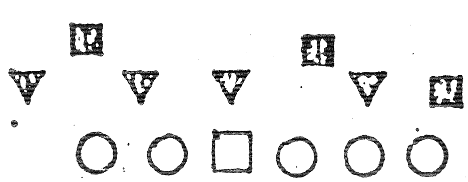
KC

KANSAS CITY



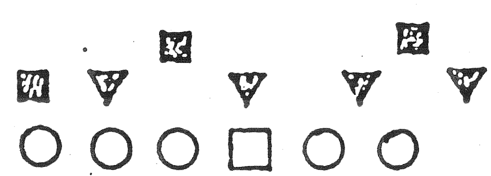
UNDER

UN

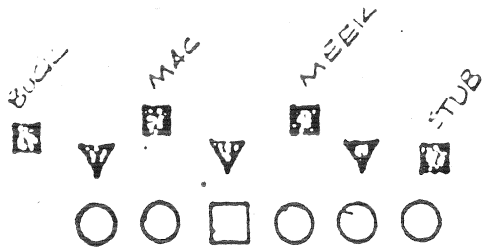


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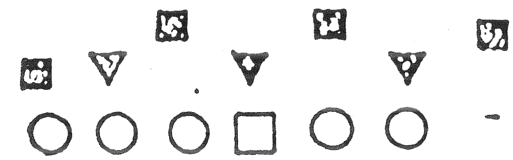
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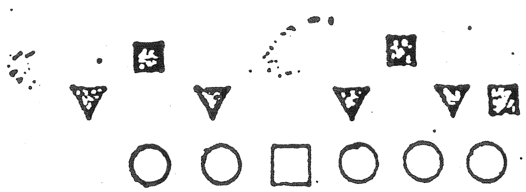
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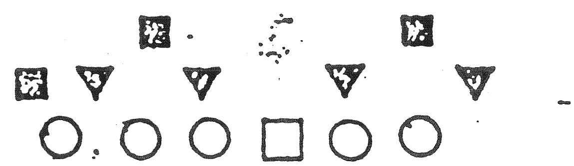
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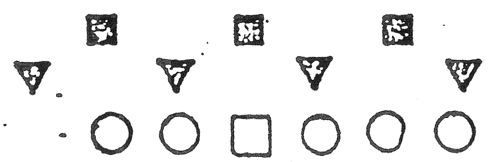
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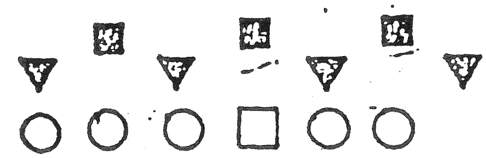
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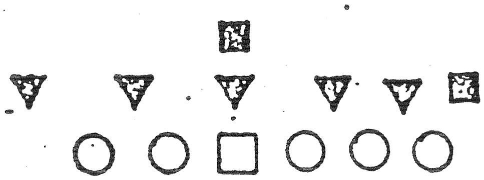
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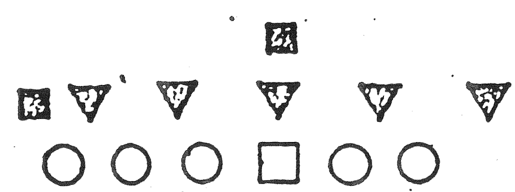
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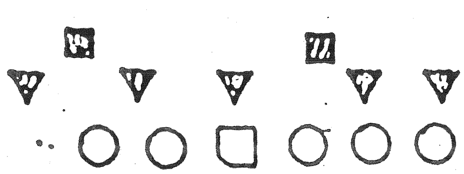
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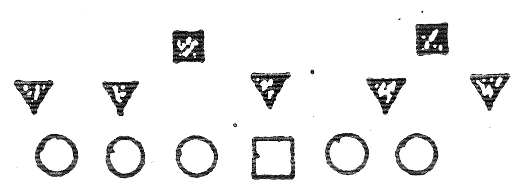
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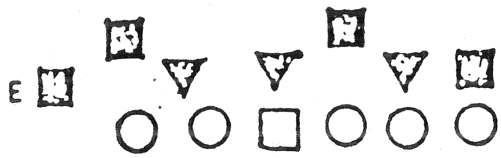
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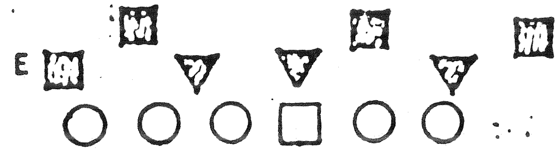


34U



34 UNDER

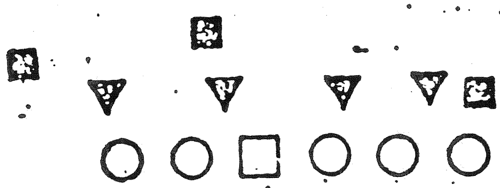
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34 OVER

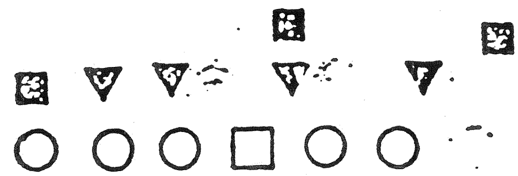
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OVER GAP



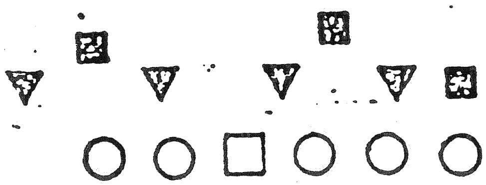
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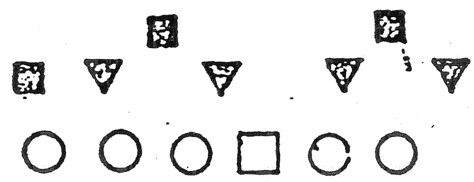
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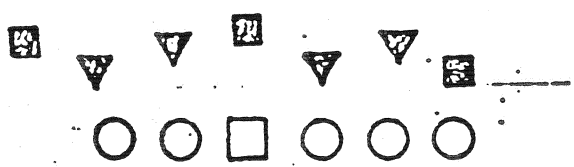
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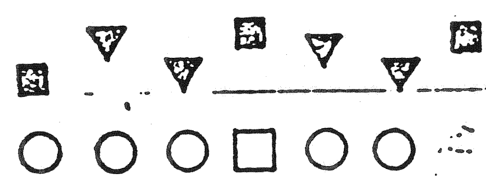
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FLEX STRONG



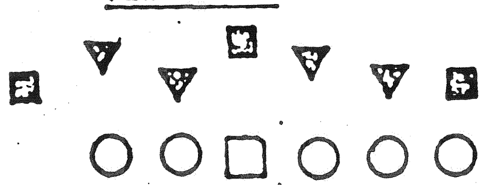
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FLEX STRONG



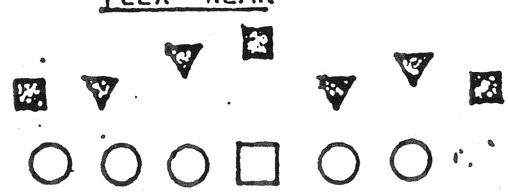
43W

FLEX WEAK



43W

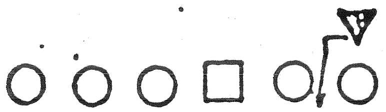
FLEX WEAK



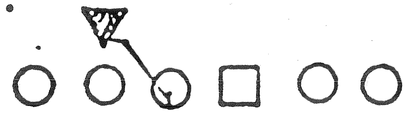
E. LINE CHARGES AND STUNTS

SINGLE CHARGES INVOLVING DEFENSIVE ENDS

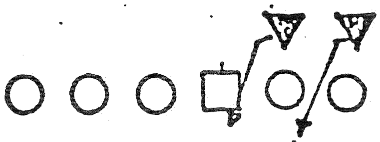
PINCH



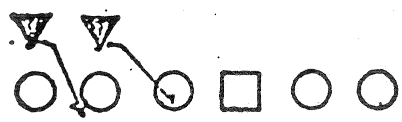
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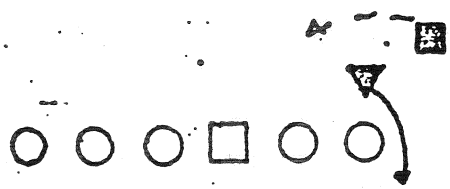
WHAM



SLAM

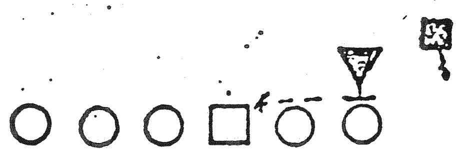


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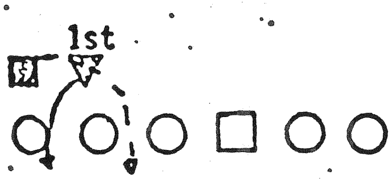
End has chase responsibility

NO OX

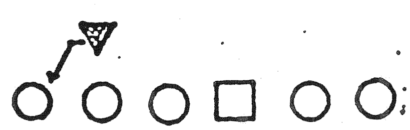


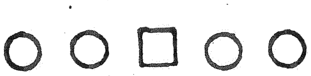
End has pursuit Responsibility

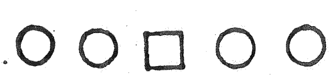
SOX



SAFE



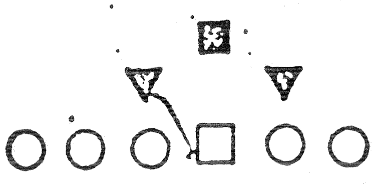




E. LINE CHARGES AND STUNTS

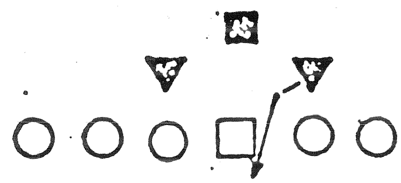
STUNTS INVOLVING TACKLES

TOM



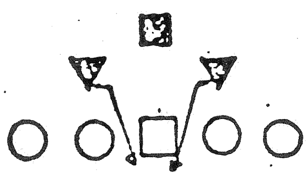
Tackle to TE Side

JERRY

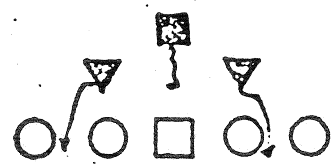


Tackle away from TE Side

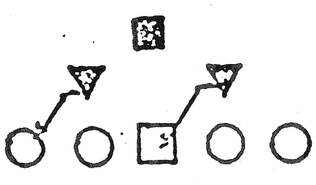
TITE



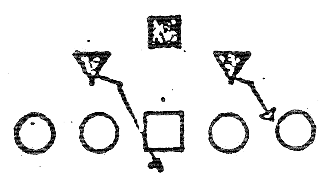
WIDE



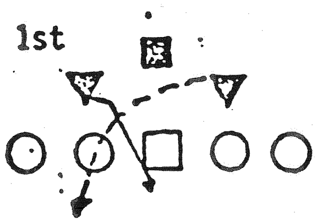
LION



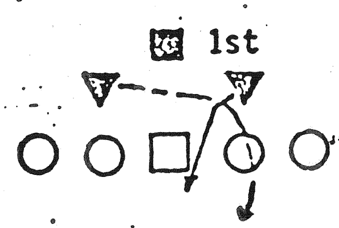
RAM



ISX LIN



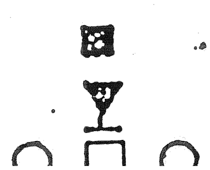
ISX RIC



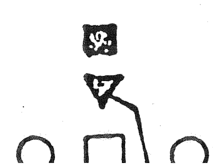
LIZ



VIKING



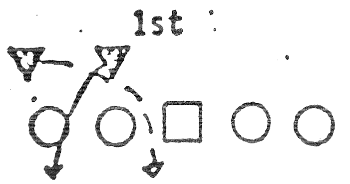
RIP



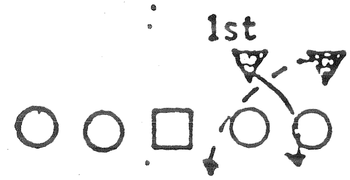
E. LINE CHARGES AND STUNTS

STUNTS BY END AND TACKLE ON SAME SIDE

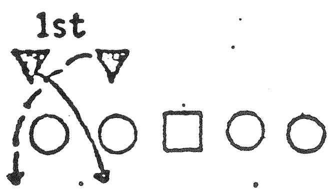
LEX



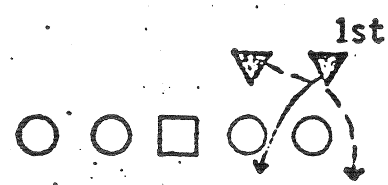
REX



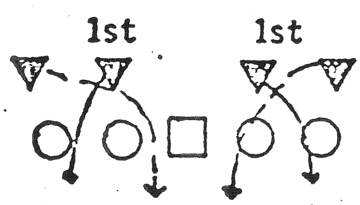
LEX CHANGE



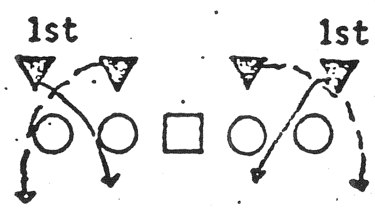
REX CHANGE



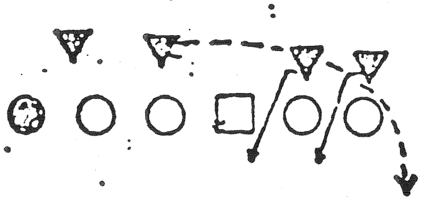
TEX



TEX CHANGE



IZZY LIN



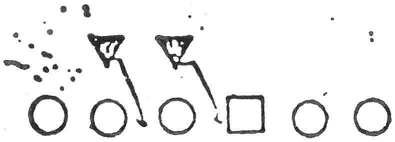
STRONG SIDE

IZZY RIC

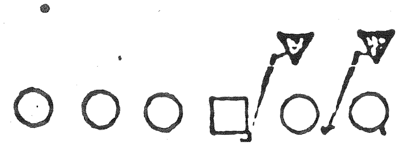


WEAK SIDE

SLAM



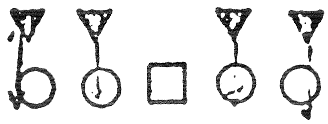
WHAM



E. LINE CHARGES AND STUNTS

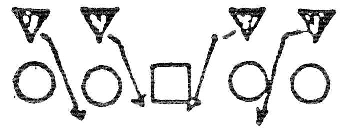
COMBINATION INVOLVING TACKLES AND ENDS

SOLID

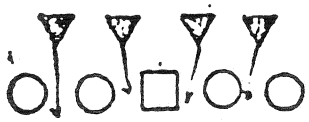


LINEMAN HEAD UP

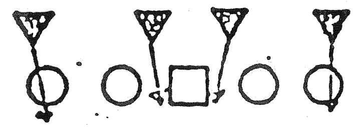
WEDGE



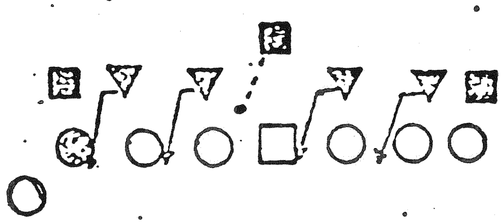
GAP



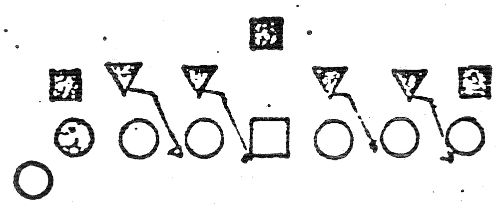
61 GOAL LINE



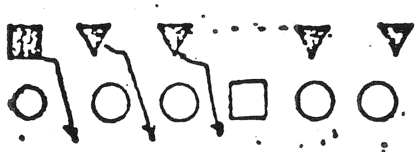
SLANT STRONG



SLANT WEAK

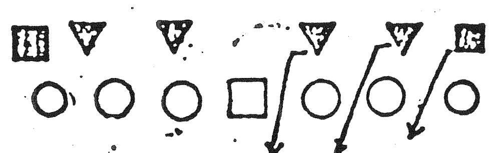


TILLIE



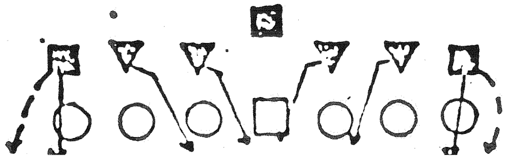
STRONG SIDE

WILLIE

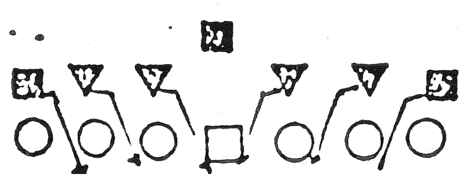


WEAK SIDE

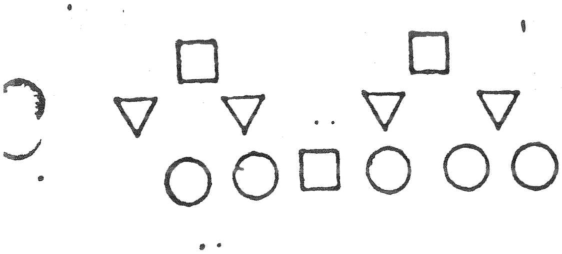
61 WEDGE



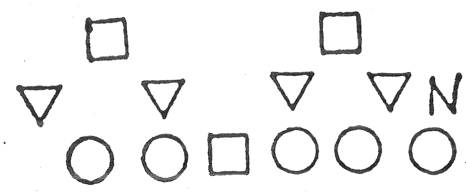
61 TITE INSIDE



QB CALL AT LINE OF SCRIMMAGE

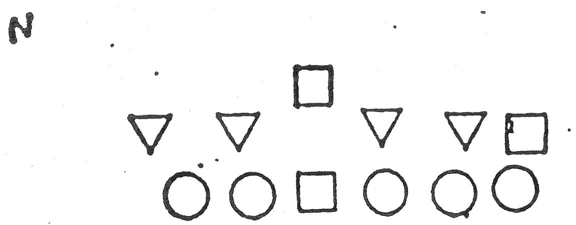


QB CALL: FOUR "O"

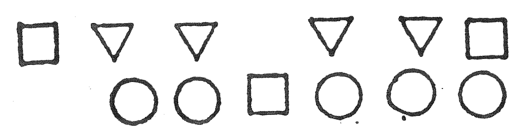


POSSIBLE "R" CALL

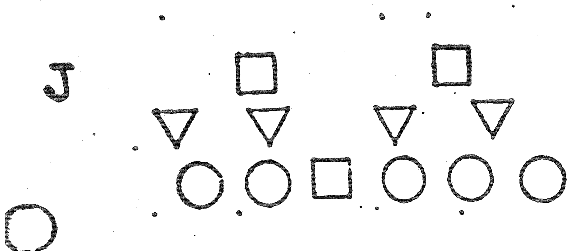
QB CALL: 44



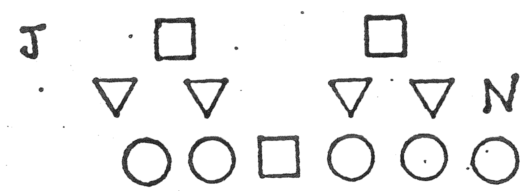
QB CALL: 43



QB CALL: 40

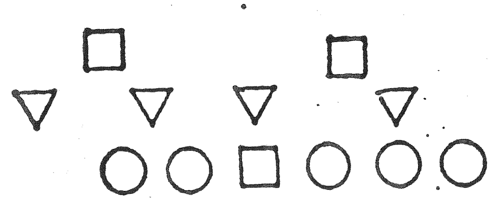


QB CALL: 50 STACK OR L

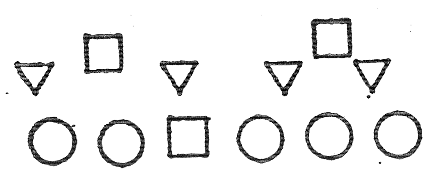


POSSIBLE L OR R CALL

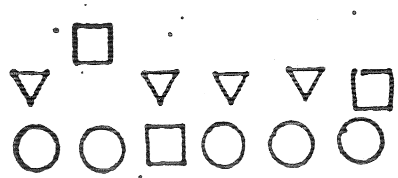
QB CALL: 50 STACK



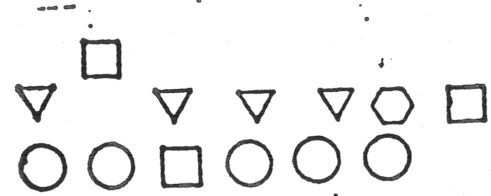
QB CALL: UNDER



QB CALL: OVER

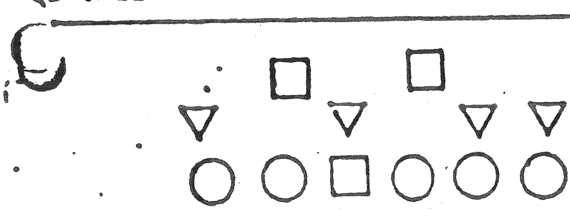


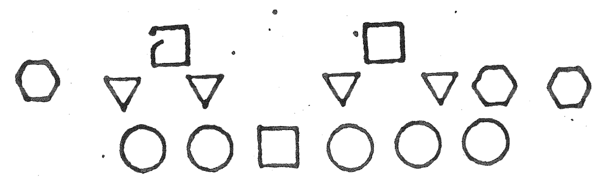
QB CALL: OVER



POSSIBLE "R" CALL

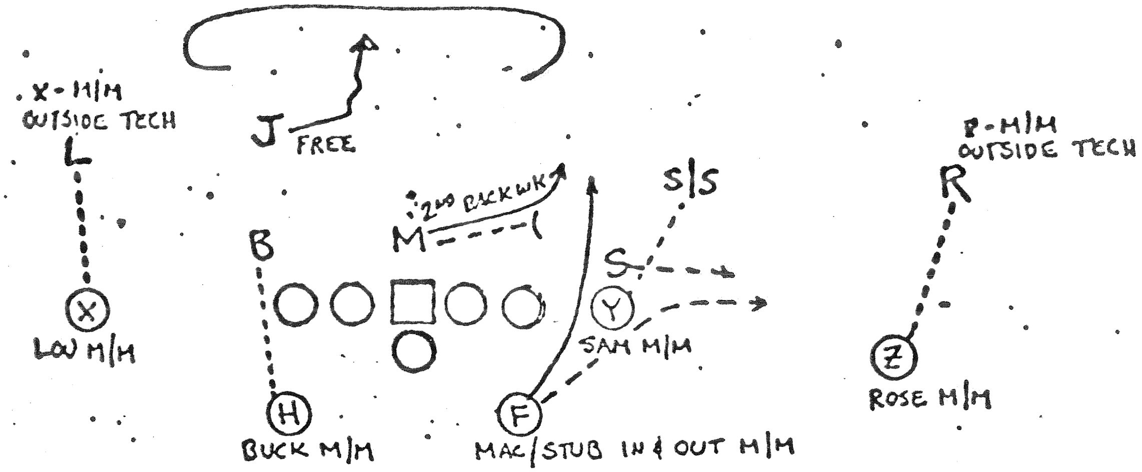
QB CALL: OVER



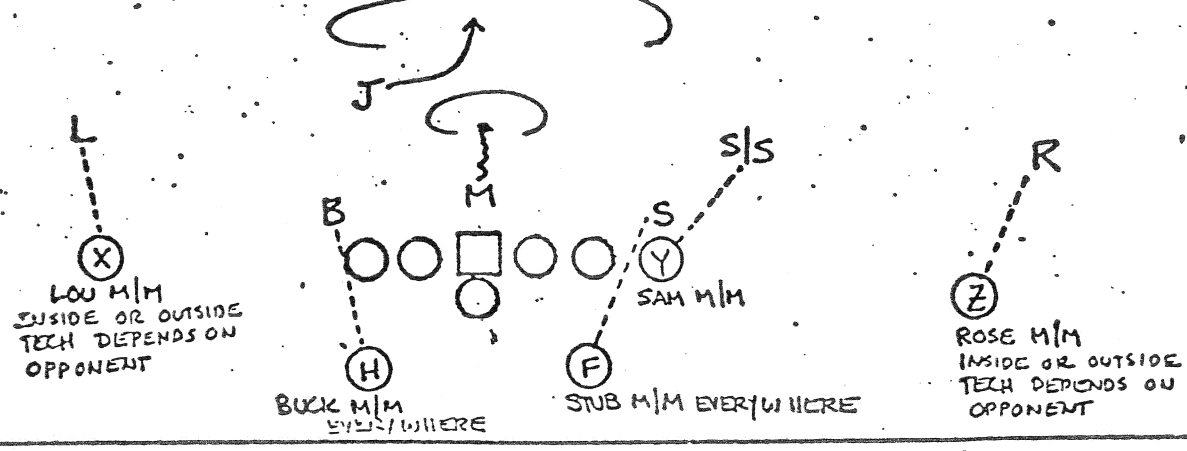


COVERAGE SUMMARY

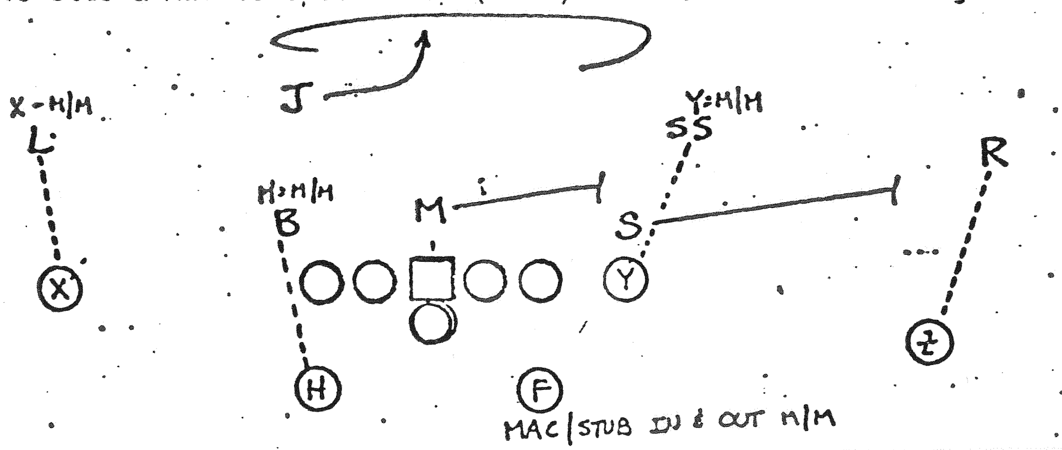
COVER	TYPE
1	M/M WITH JILL FREE
1 MIKE	M/M WITH MIKE & JILL FREE
1 ZIP	M/M WITH MIKE & STUBB BUZZ STRONG
1 WANDA	M/M WITH MIKE & BUCK BUZZ WEAK
2	TWO DEEP ZONE
2 YALE	TWO DEEP ZONE WITH M/M UNDERNEATH
3	M/M WITH DOUBLE ON "Y"
3 COMBO	M/M WITH IN & OUT ON "Y" AND STRONG BACK
3 SPECIAL	COMB. M/M WITH DOUBLE ON "Z"
3 MAMBO	COMB. M/M, DOUBLE ON "Y" WITH MAC GOING STRONG
4	STRONGSIDE ROTATION ZONE WITH CLEO FORCE
4 SKY	STRONGSIDE ROTATION ZONE WITH SKY FORCE
4 BUZZ	STRONGSIDE ROTATION ZONE WITH BRONCO FORCE
4 SLOT	STRONGSIDE ROTATION ZONE WITH CLEO FORCE M/M WEAK
5	COMB. M/M DOUBLE ON "Z"
6	WEAKSIDE ROTATION ZONE WITH CLEO FORCE
6 SKY	WEAKSIDE ROTATION ZONE WITH SKY FORCE
6 BUZZ	WEAKSIDE ROTATION ZONE WITH BRONCO FORCE
7	COMB. M/M WITH DOUBLE ON "X"
7 SKY	COMB. M/M WITH DOUBLE ON "X" SKY FORCE
7 BUZZ	COMB. M/M WITH DOUBLE ON "X" BRONCO FORCE
7 CONE	COMB. M/M WITH CONE ON "X"
7 KING	COMB. M/M WITH YALE COV. ON "X"
8	PREVENT TYPE 4 DEEP ZONE
9	COVERAGE WHERE JILL HAS WEAK BACK M/M



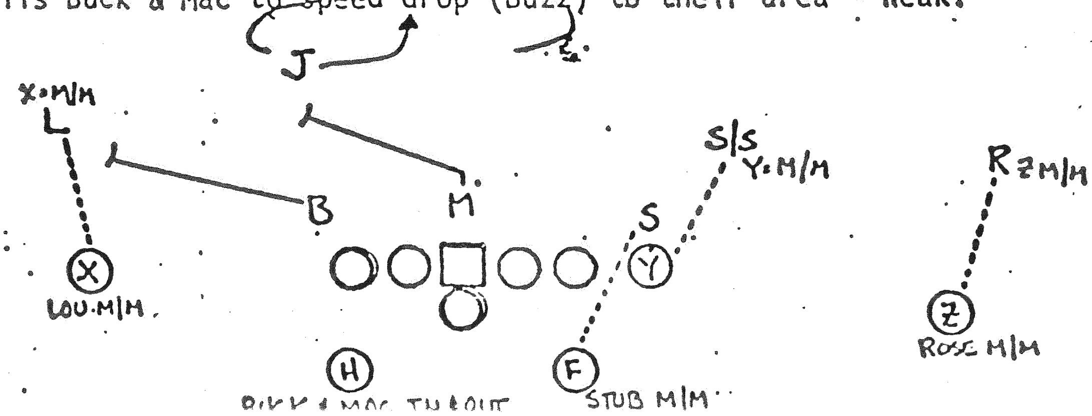
One "MIKE" means Mack is Free to Key QB & react - Buck & Stub have the remaining backs M/M.



One ZIP - tells Stub & Mac to speed drop (Buzz) to their area = Strong.

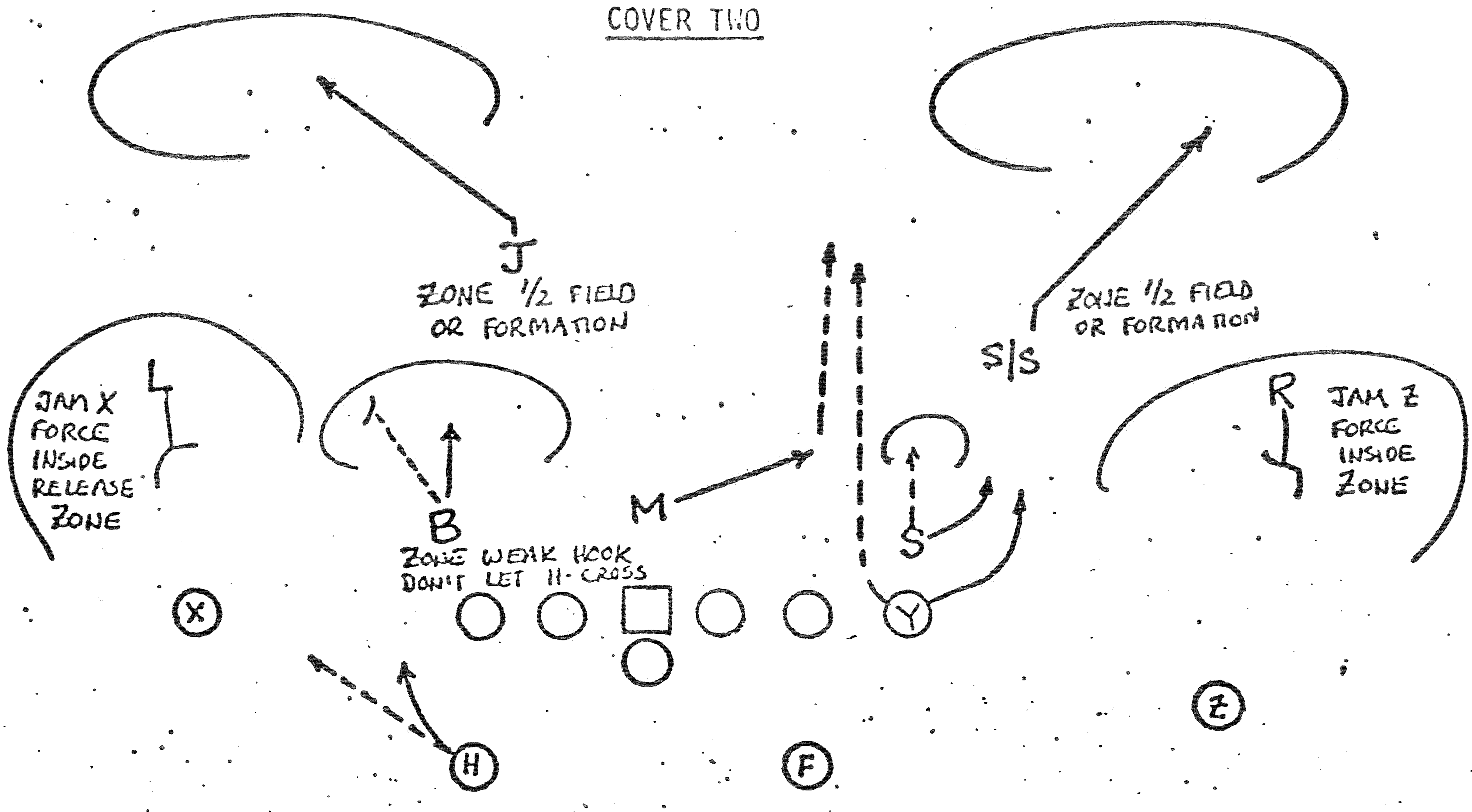


One Wanda tells Buck & Mac to speed drop (Buzz) to their area = Weak.

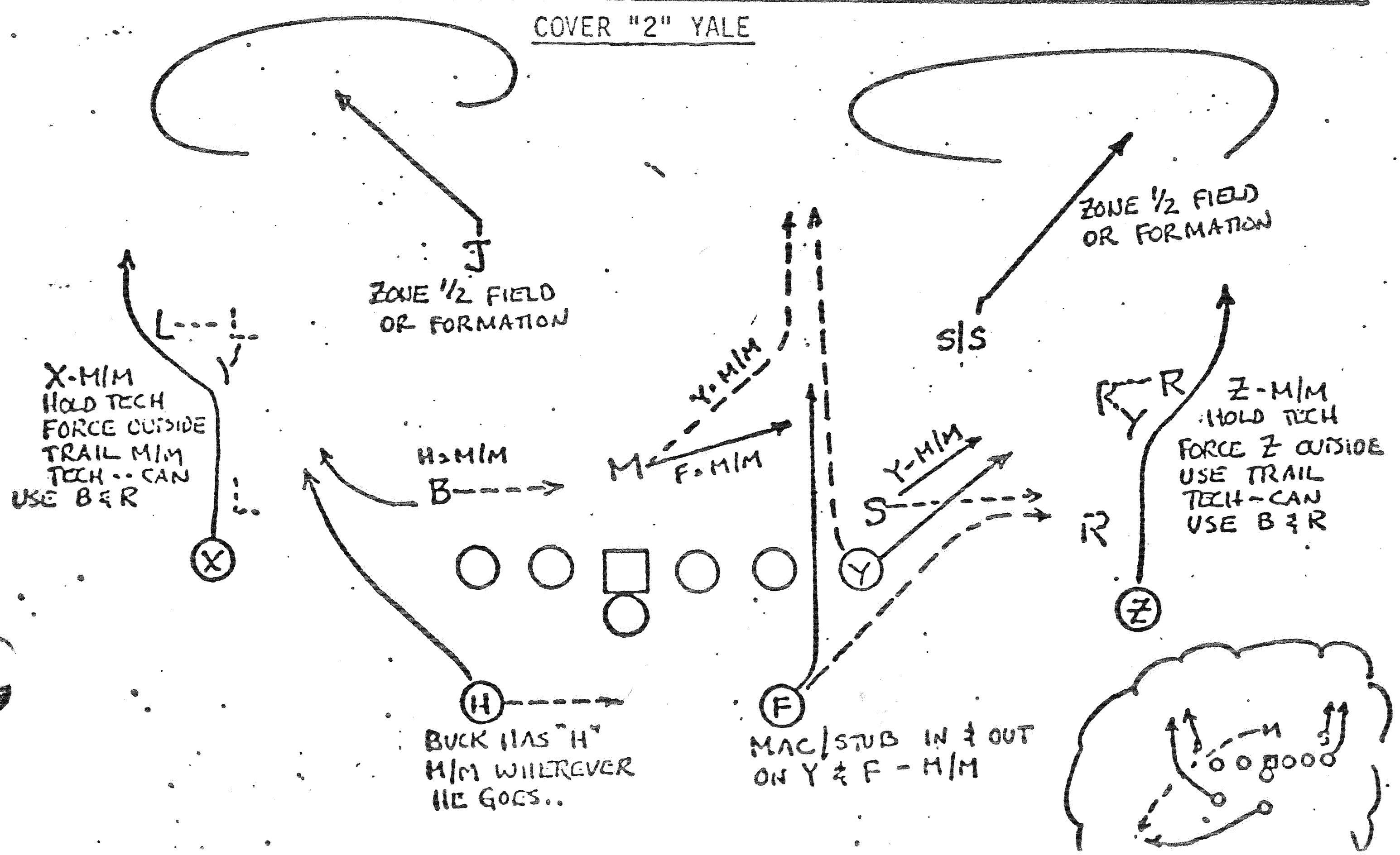


5 Short - 2 deep zone defense with Yale Variation of 5 Short Man for Man 2 deep zone
Variation: 2 Yale -- Co Co -- Charger

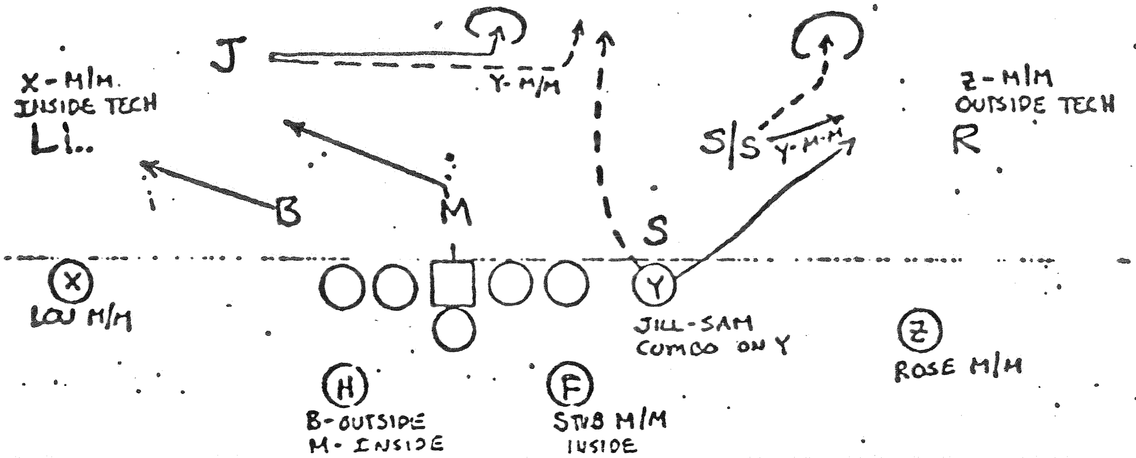
COVER TWO



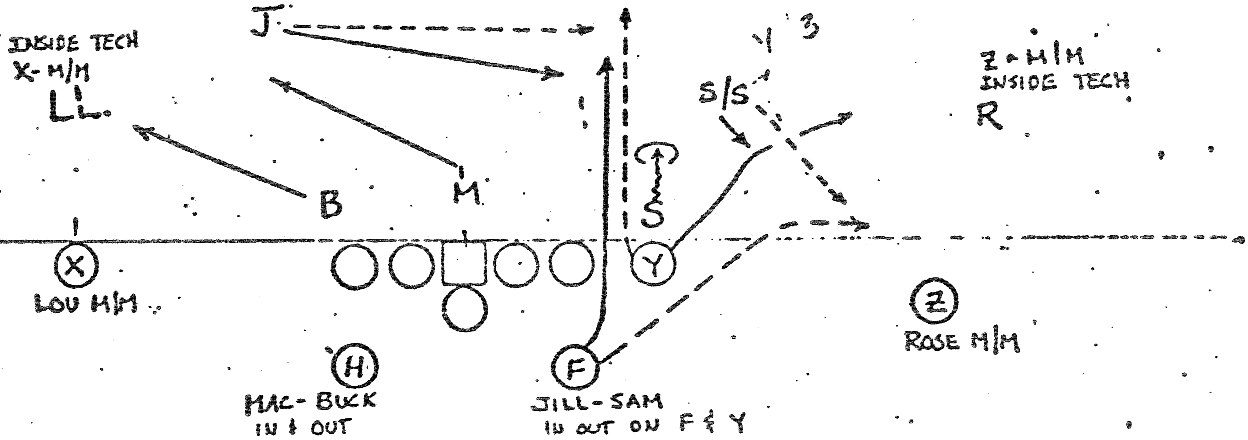
COVER "2" YALE



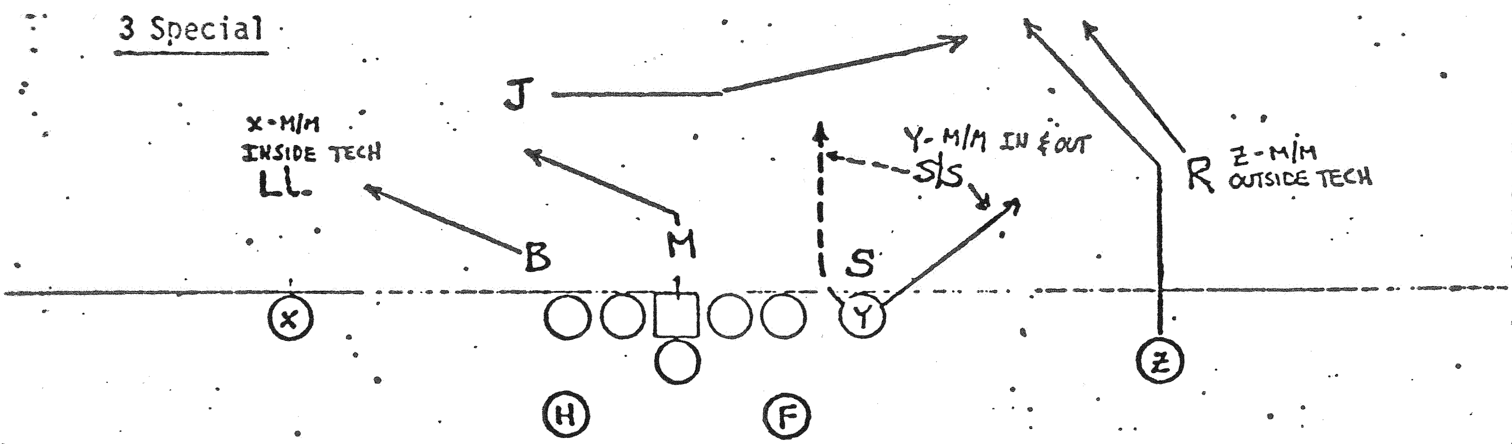
3



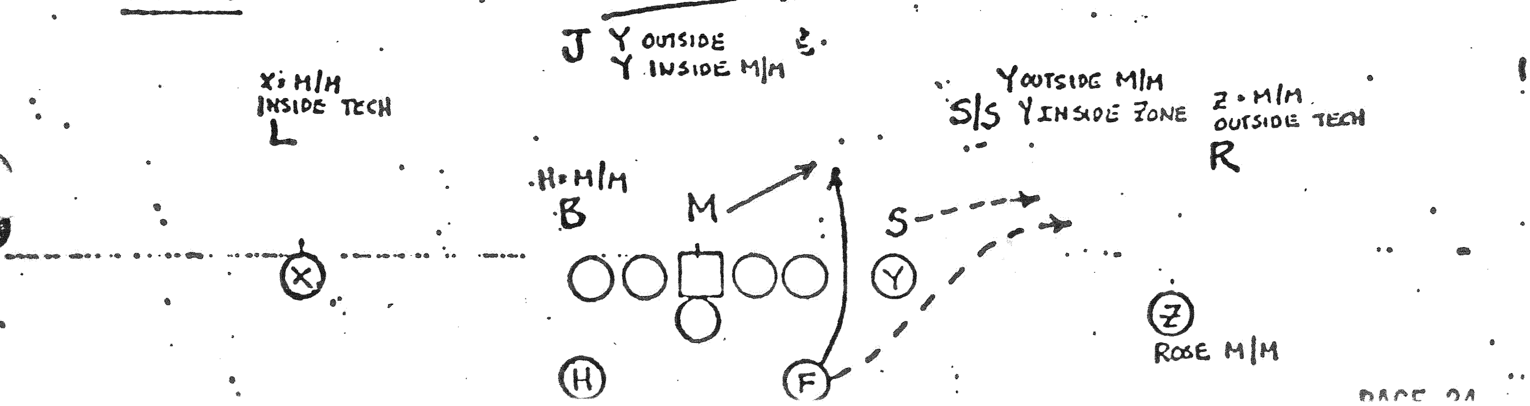
3 Combo Combo is coverage on Y & F by Jill & Sam = Stub Zone/2nd Back



3 Special

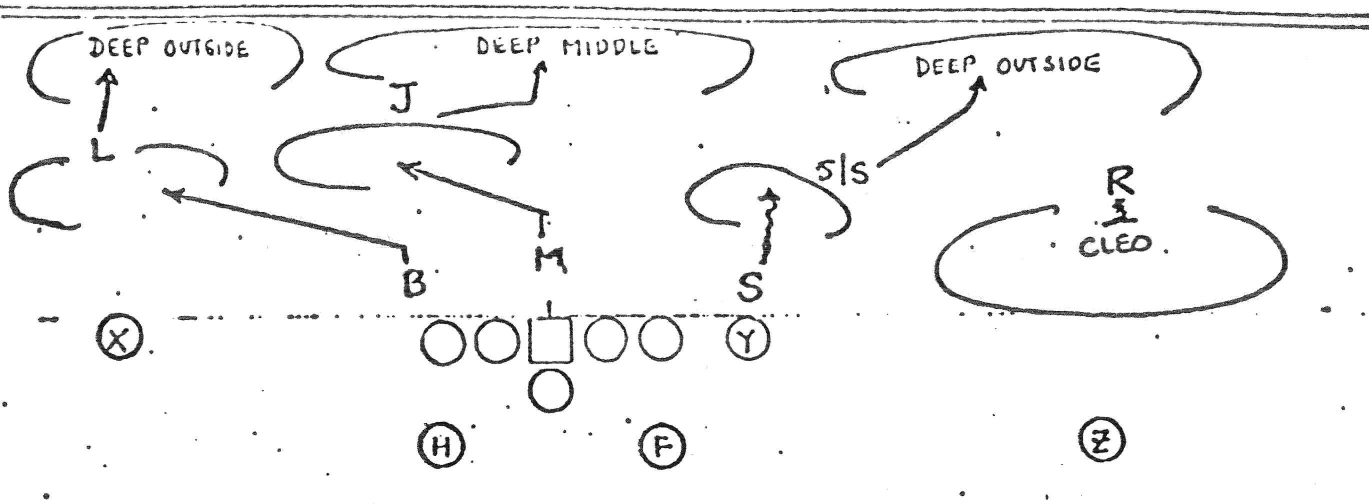


3 Mambo

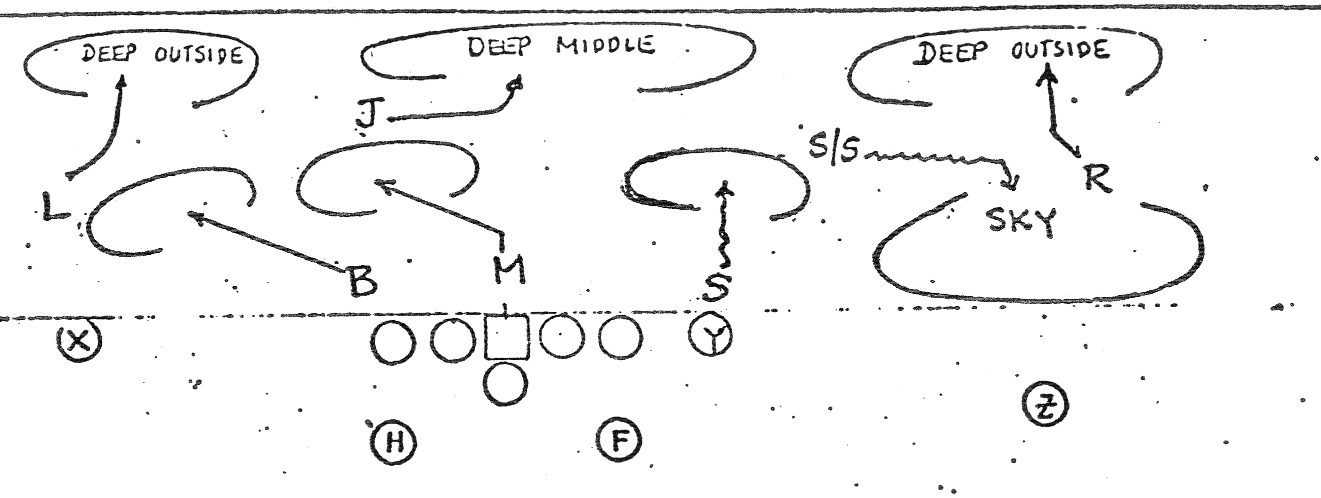


Strong rotation zone with Cleo (Corner) or Sky (Safety) call, which indicates which one is to rotate to the short zone. Variations: Cleo, Sky, Buzz and Slot

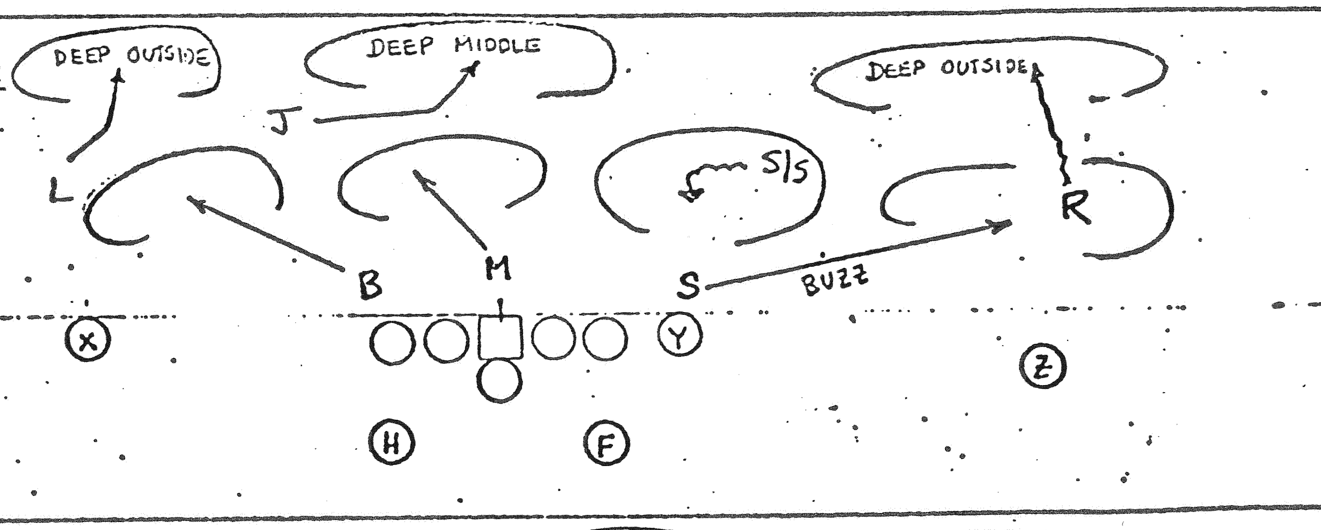
4



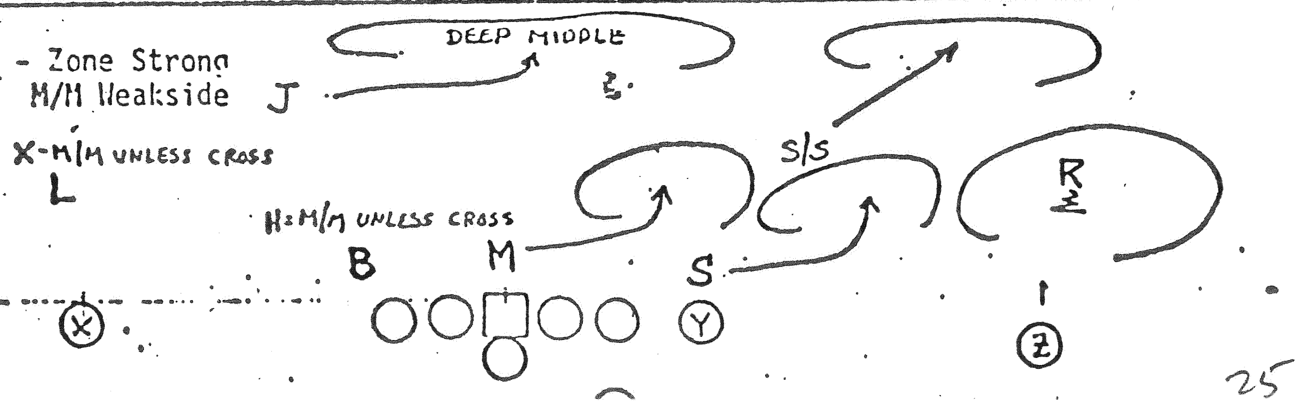
4 Sky



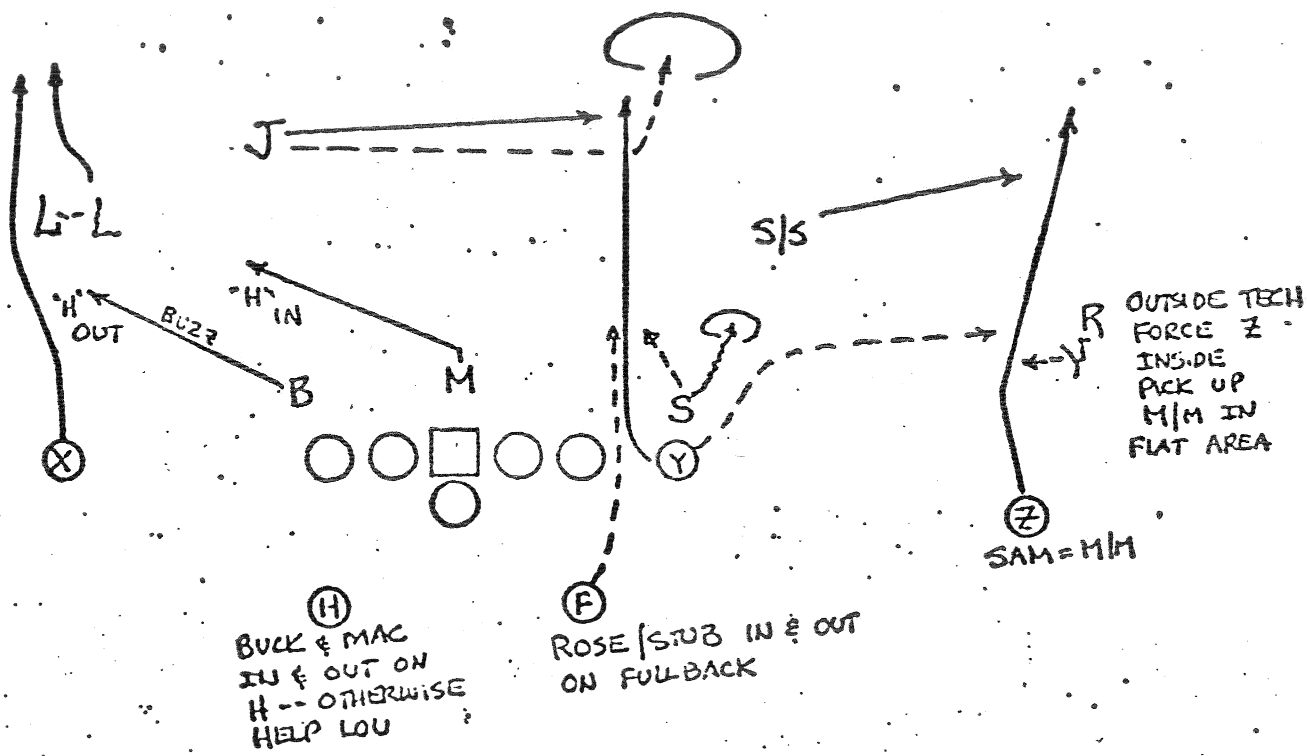
4 Buzz

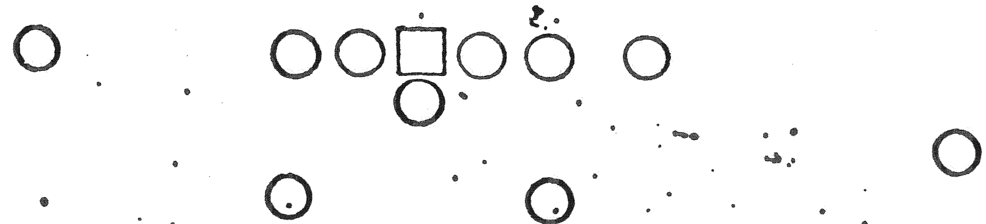


4 Slot - Zone Strong
M/M Weakside



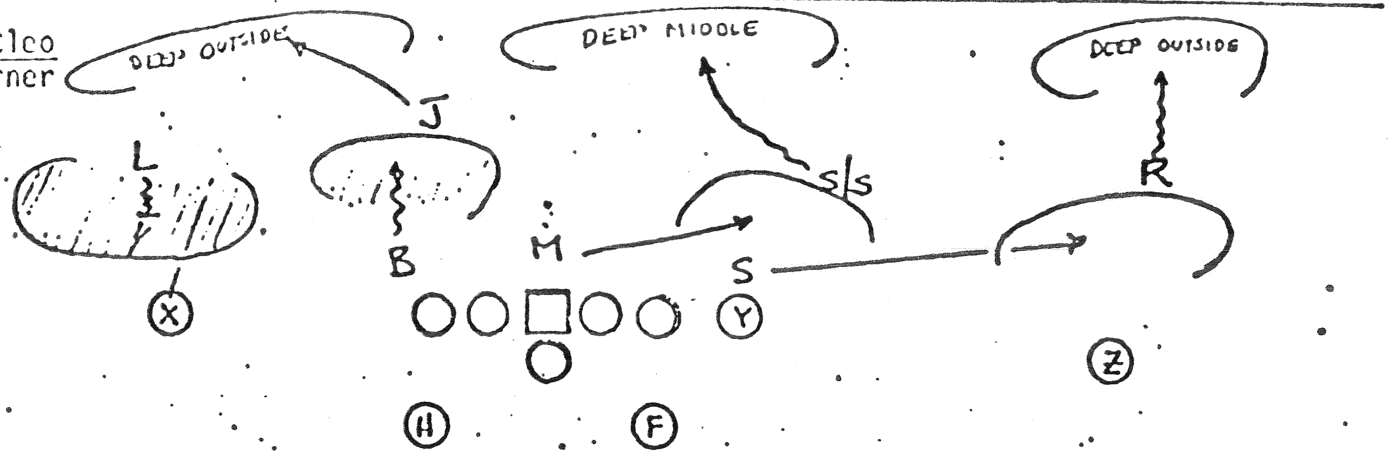
This is a strong rotation Man for Man - 3 deep Man for Man.



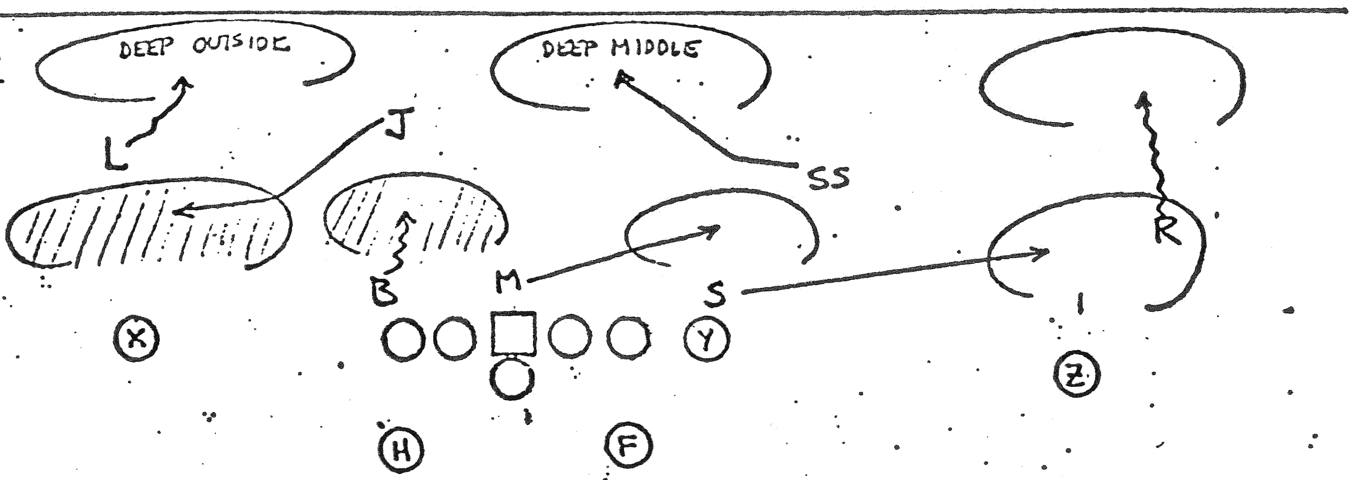


Weakside rotation, backers zoning strong.

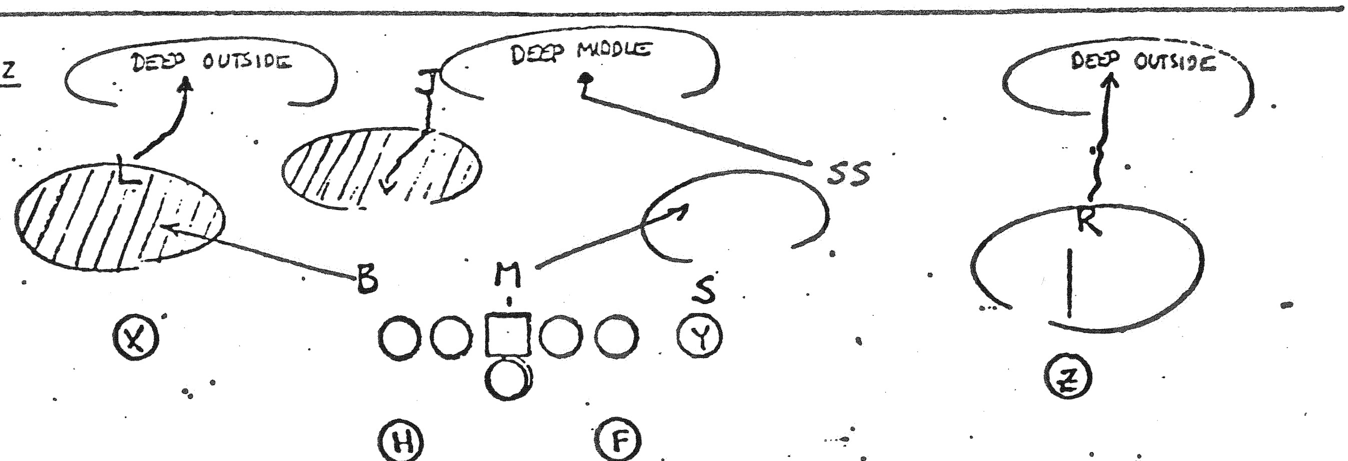
6 Cleo
Corner
Up

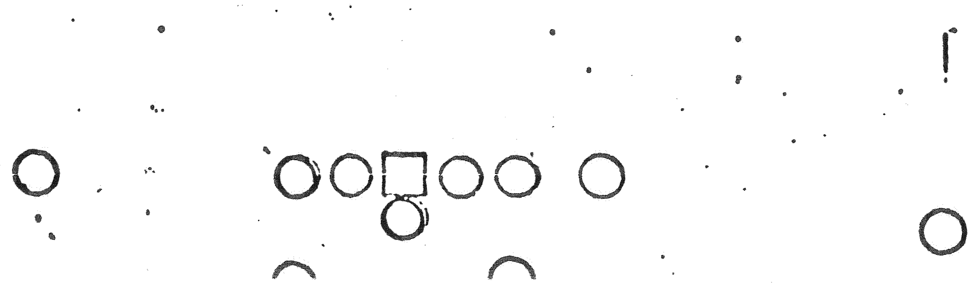


6 Sky



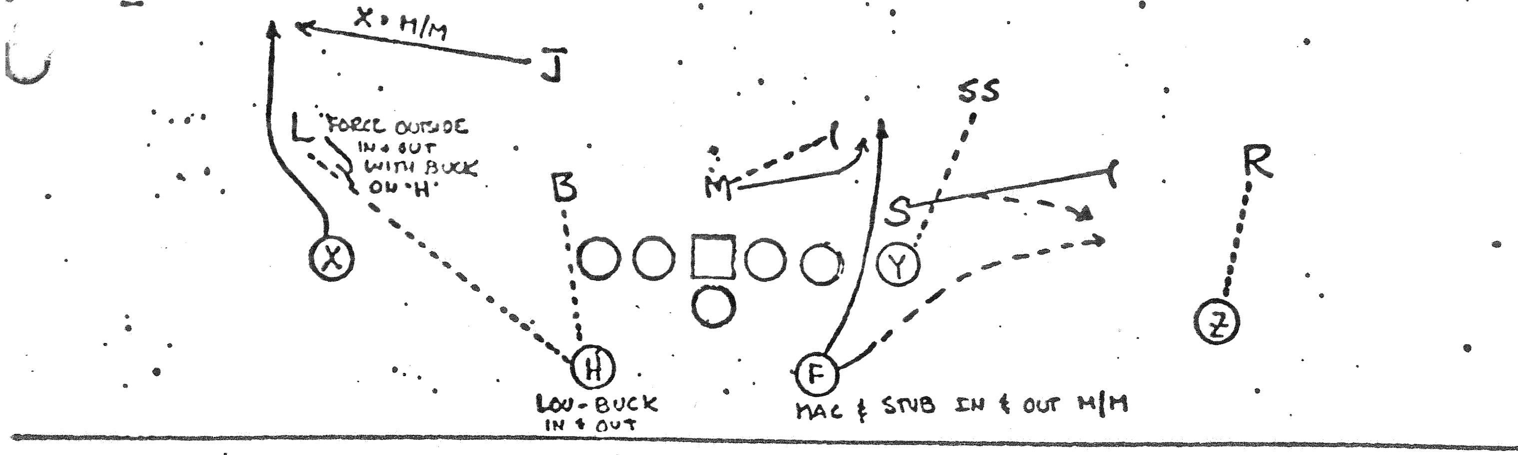
6 Buzz



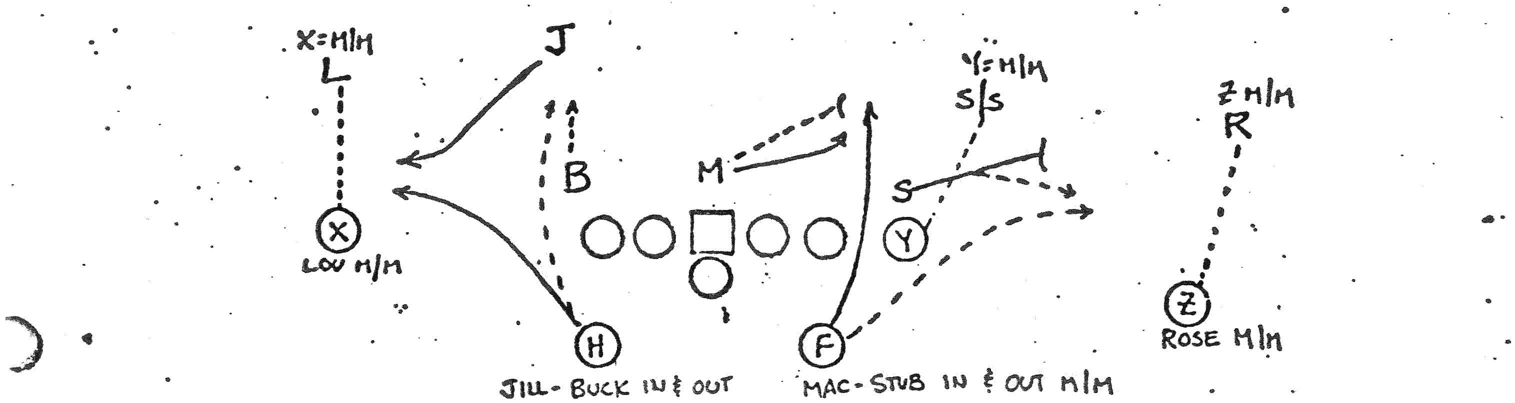


Weakside rotation M/M

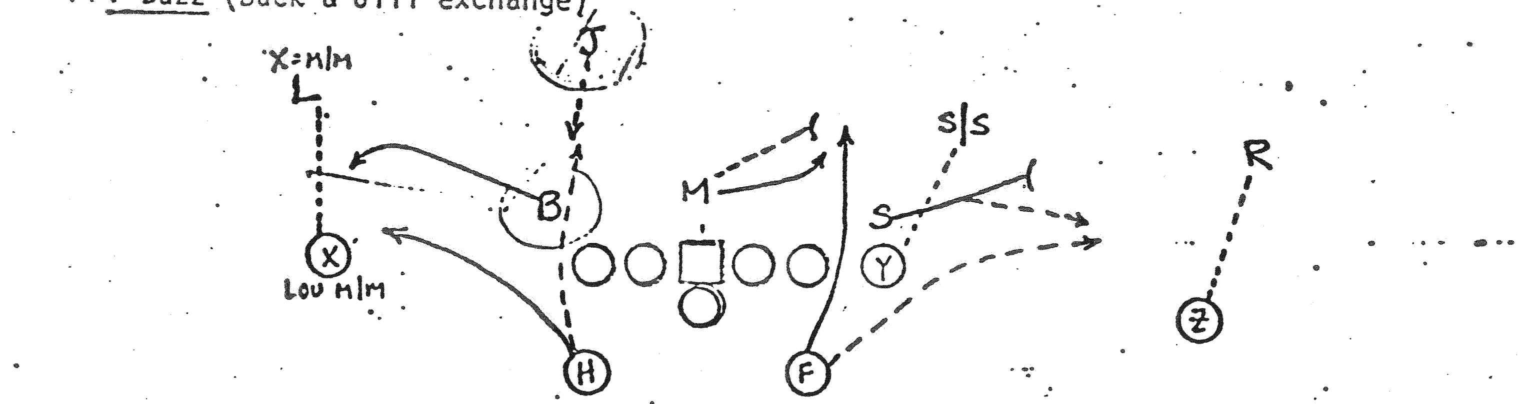
7



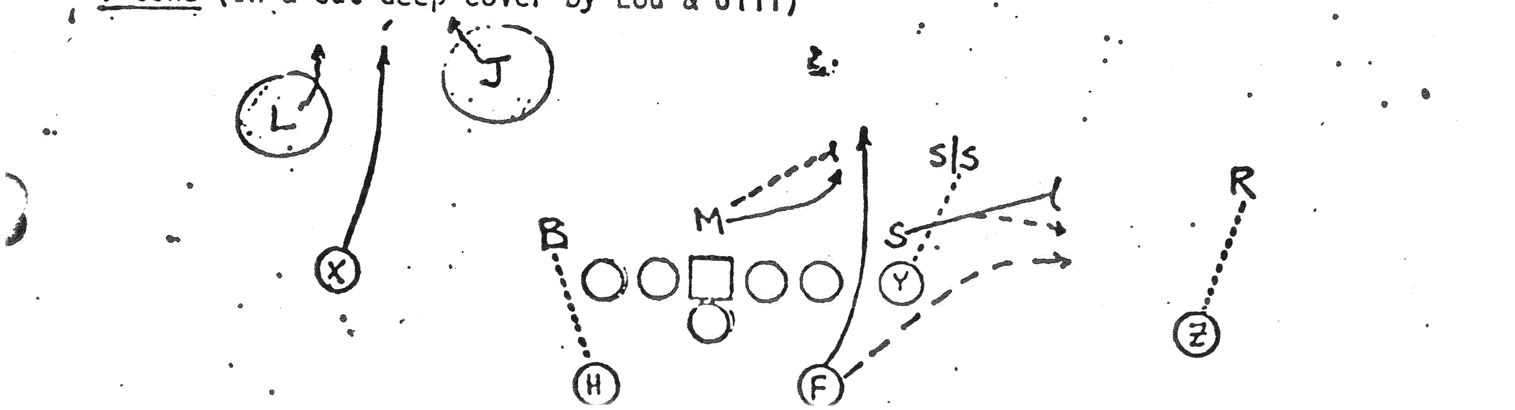
7 Sky



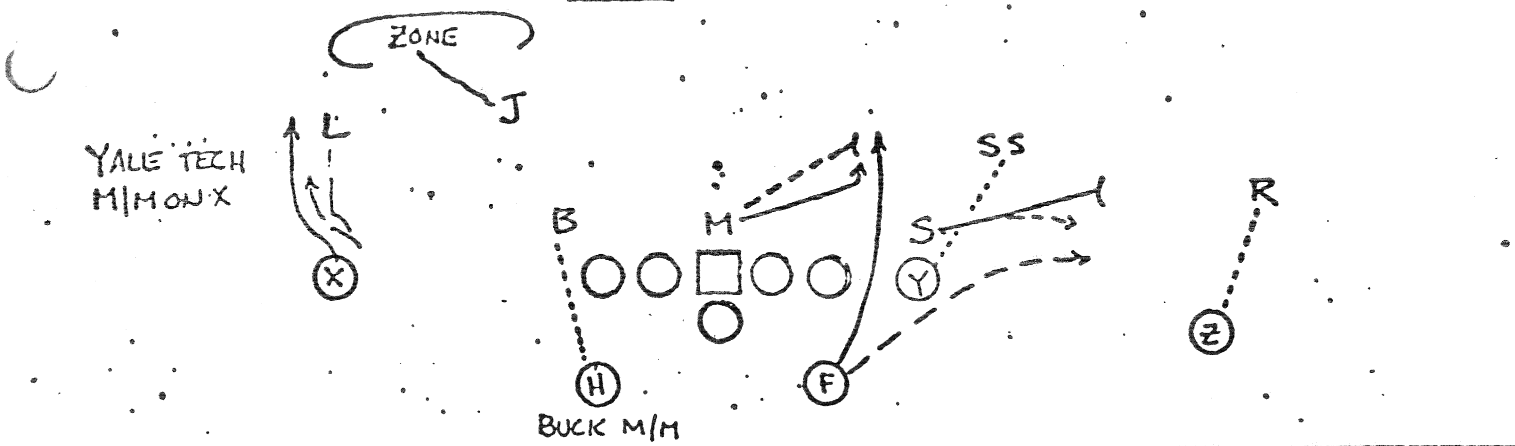
7 Buzz (Buck & Jill exchange)



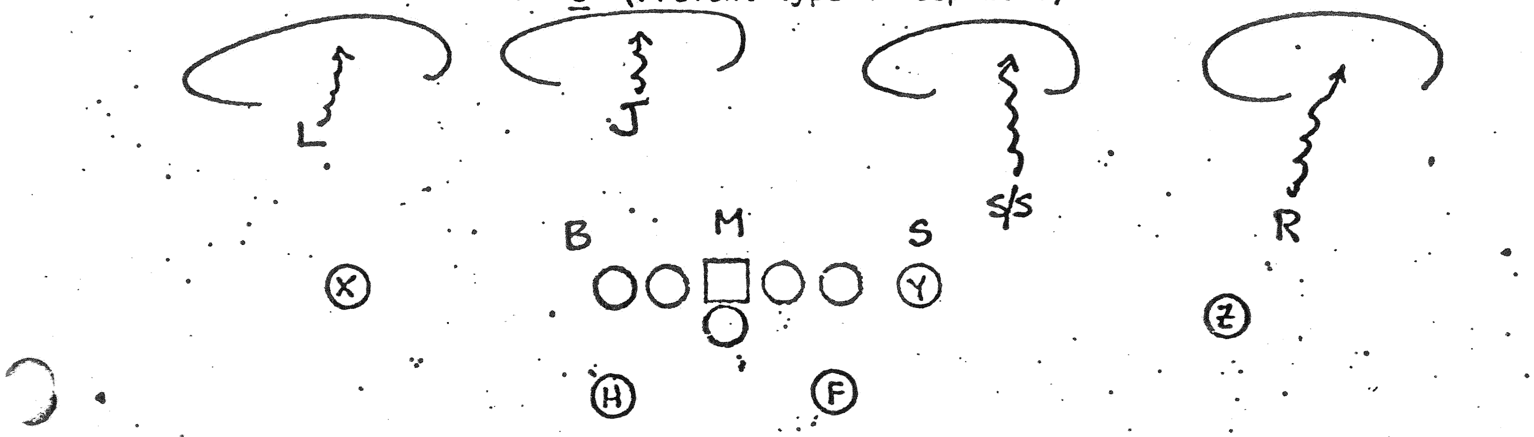
7 Cone (In & Out deep cover by Lou & Jill)



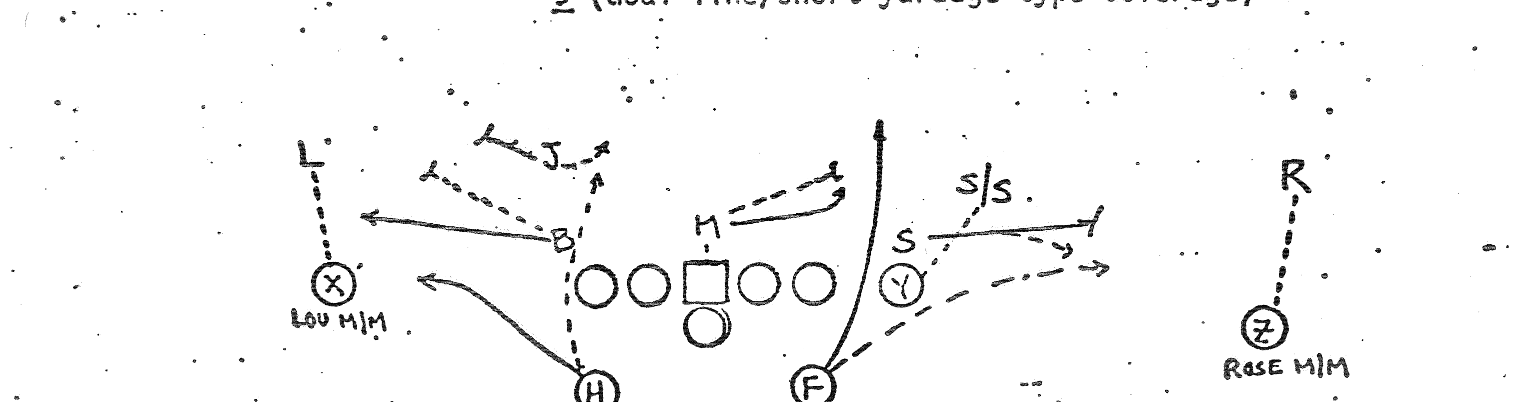
7 King (Short & long on X by Jill & Corner)

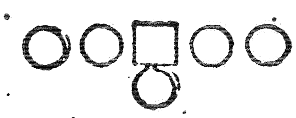


8 (Prevent type 4 deep zone)



9 (Goal line/short yardage type coverage)





NICKEL COVERAGES SUMMARY

COVERAGE	TYPE
22	TWO DEEP ZONE FIVE UNDERNEATH
46	THREE DEEP ZONE NORMALLY CLEO ROTATION
22 YALE	TWO DEEP ZONE M/M UNDERNEATH
22 COCO	CONE COVERAGE ON "X" & "Z" M/M ELSEWHERE
37 CONE	DOUBLE ON "Y" - CONE COVERAGE ON "X"
37 SPECIAL CONE	CONE ON "X" WITH JILL OR NICKEL BACK DOUBLING ON "Z"
37	DOUBLE ON "Y" WITH SHORT & LONG ON "X"
37 KING	DOUBLE ON "Y" WITH YALE PRINCIPLE WEAK
37 SPECIAL	DOUBLE ON "Z" WITH SHORT & LONG ON "X"
57	CLEO ROTATION WEAK & STRONG DOUBLE ON "X" & "Z"
57 CONE	DOUBLE ON "Z" SHORT & LONG, CONE ON "X"
31	DOUBLE ON "Y" WITH JILL FREE
99	YALE COVERAGE WHERE L.B. TAKES T.E.
35 COVER 4	3 MAN LINE - THREE DEEP ZONE
35 COVER 2 YALE	3 MAN LINE - THREE DEEP ZONE WITH M/M COV. UNDERNEATH

NOTE:

NICKEL OR DIME MEANS:

NICKEL — A 5TH DEFENSIVE BACK IS DEPLOYED IN PLACE OF A LINEBACKER.

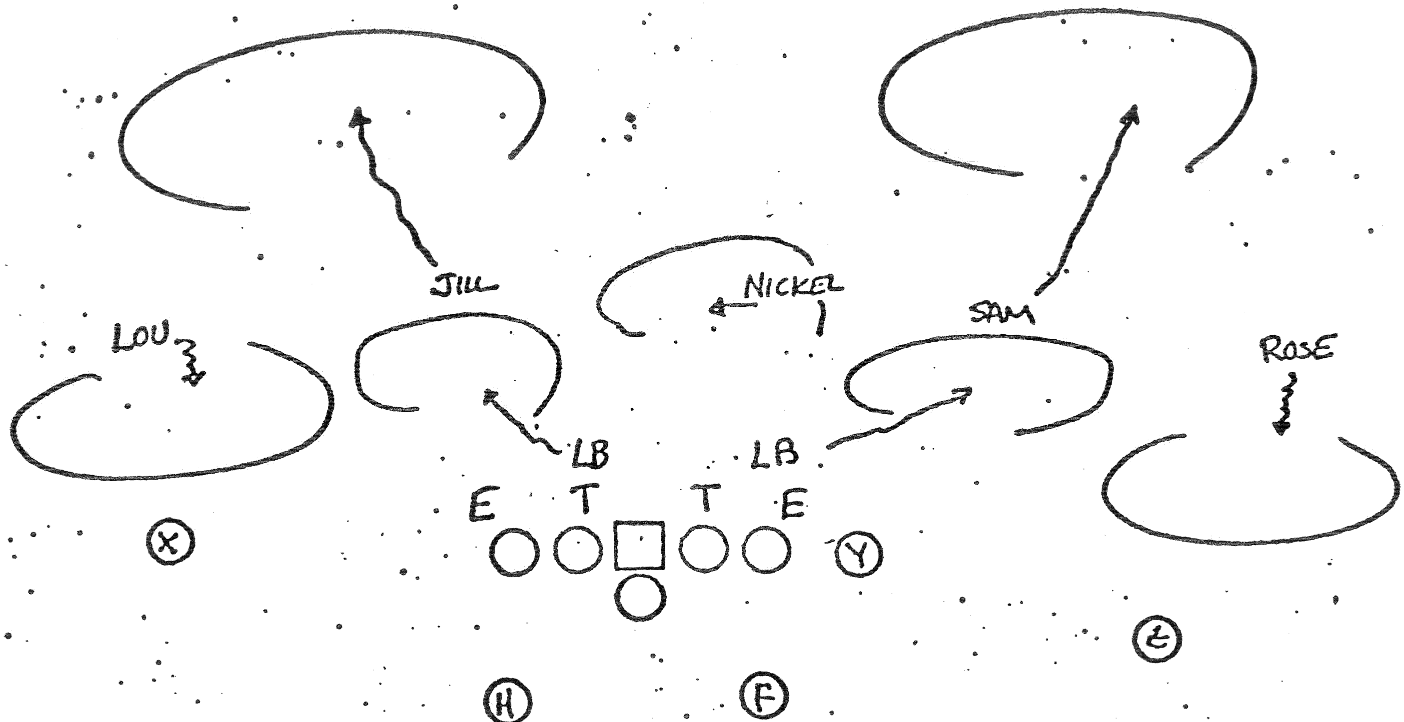
DIME — A 5TH & 6TH DEFENSIVE BACK IS DEPLOYED IN PLACE OF TWO LINEBACKERS

DOUBLE DIGIT NUMBERS ARE USED FOR ALL NICKEL AND DIME COVERAGES

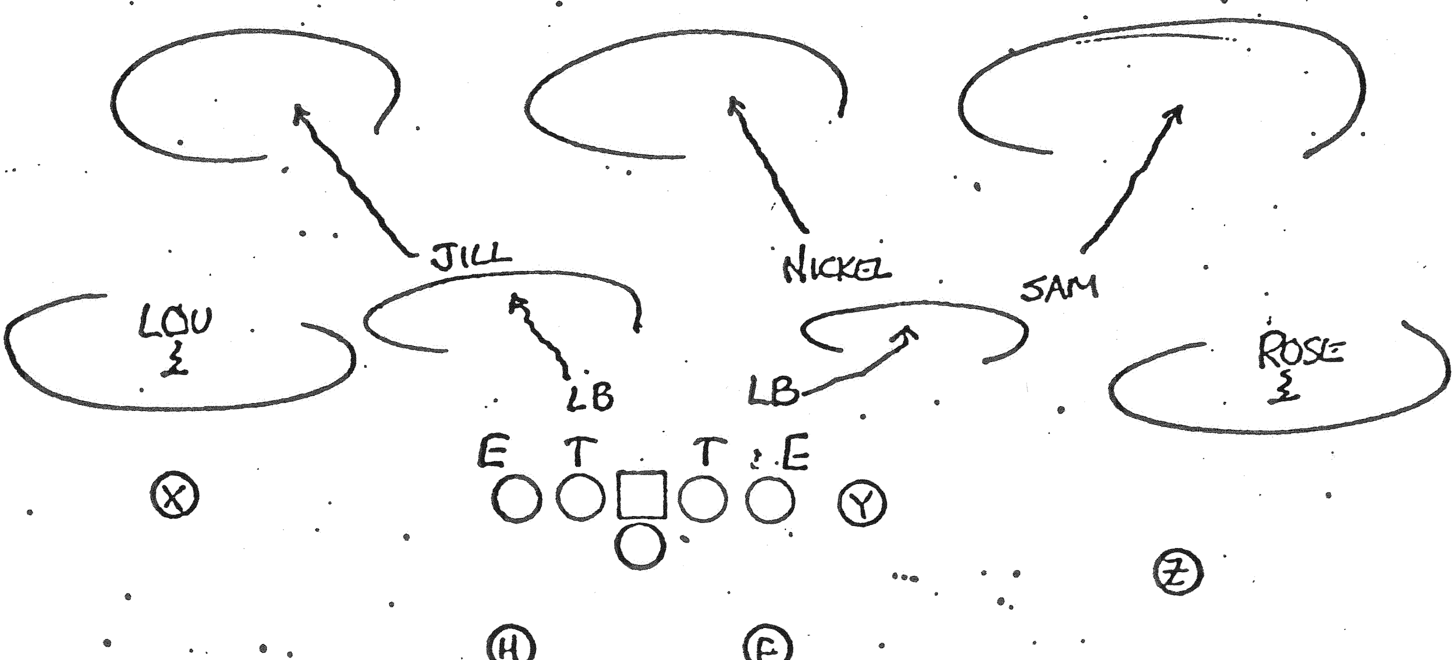
1ST DIGIT INDICATES COVERAGE STRONGSIDE

2ND DIGIT INDICATES COVERAGE WEAKSIDE

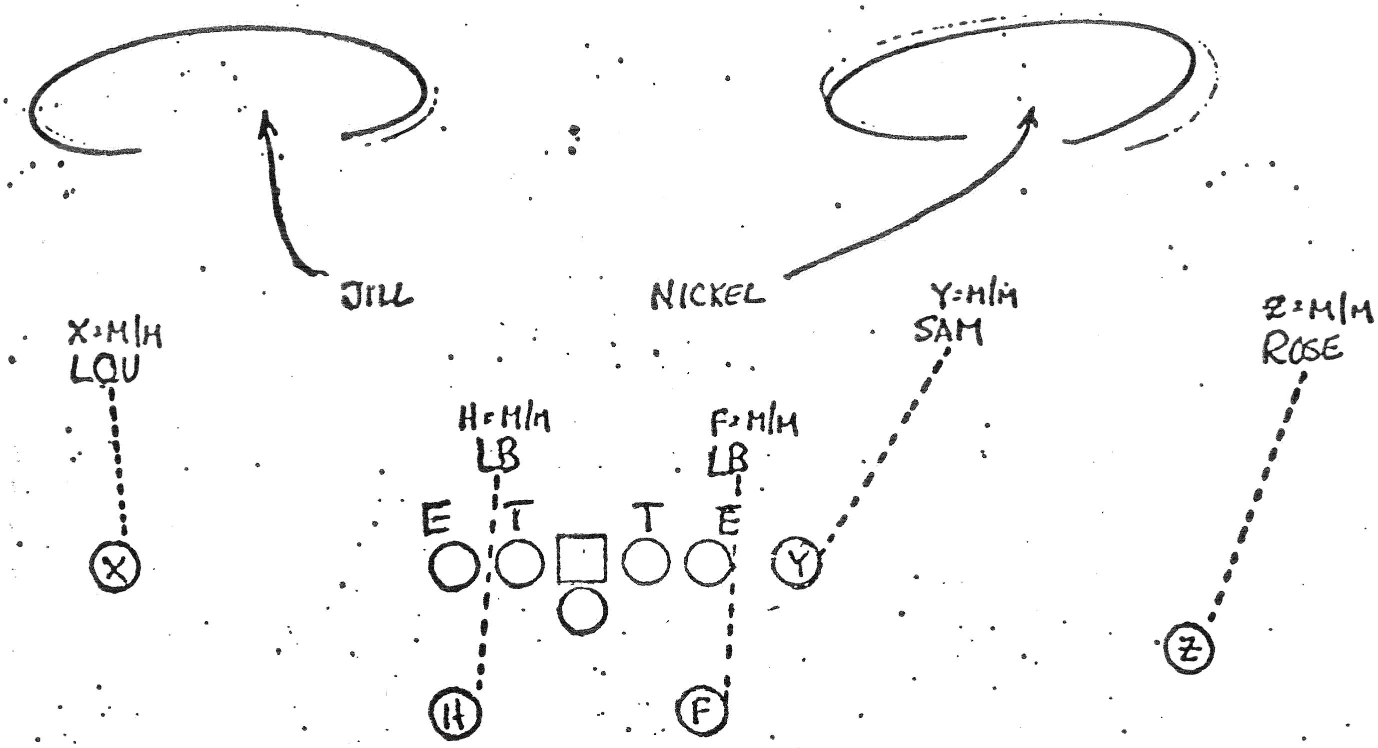
22 (ZONE) 2 DEEP & 5 UNDER COMPLETE ZONE



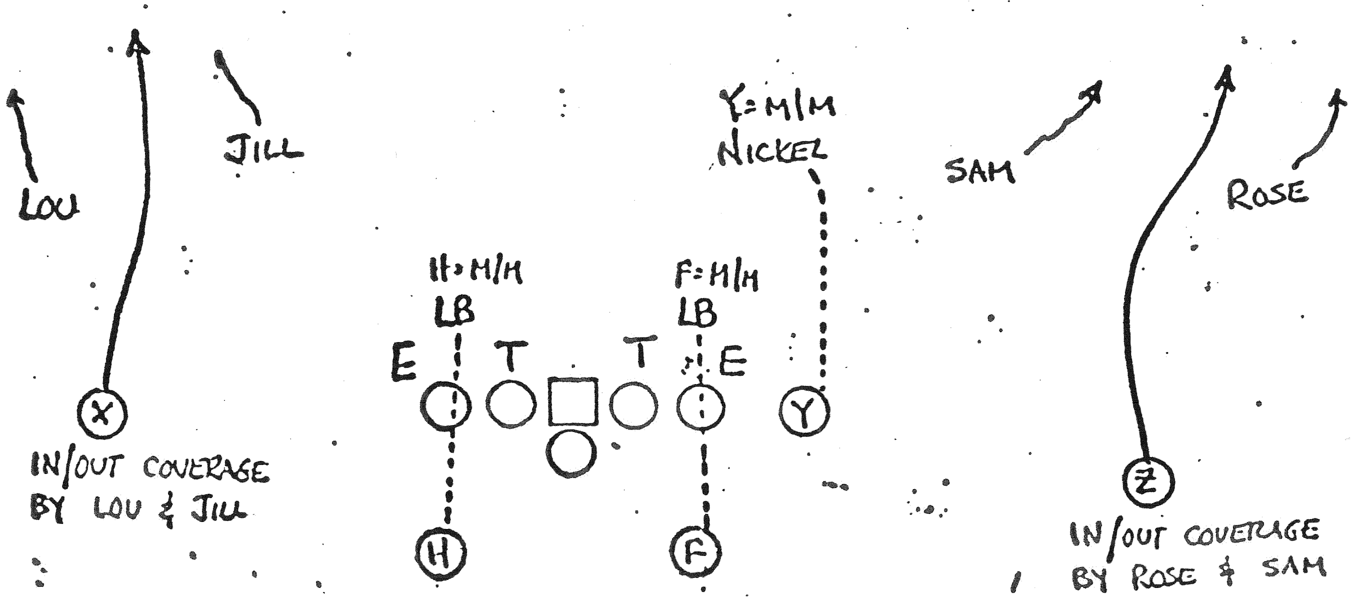
46 SKY - 3 DEEP & 4 UNDER COMPLETE ZONE



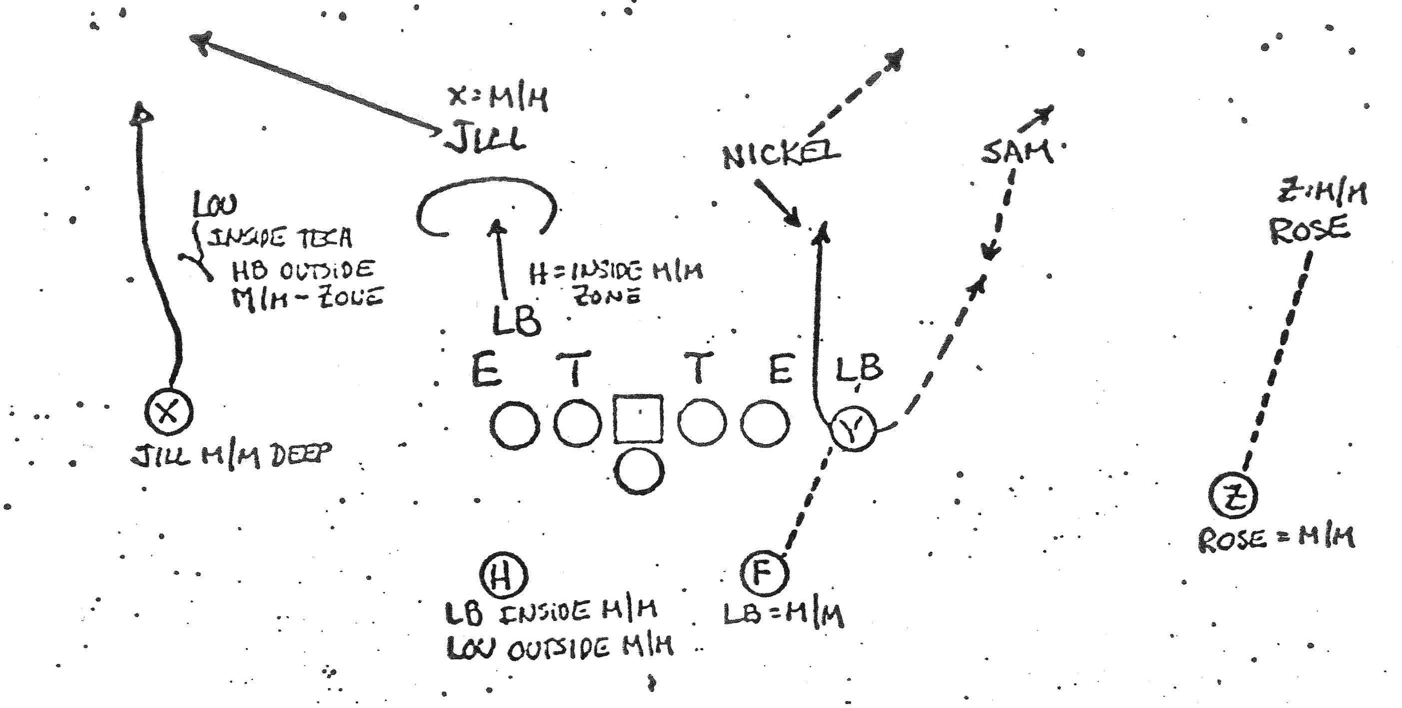
22 YALE - 2 DEEP ZONE WITH 5 UNDER MAN FOR MAN



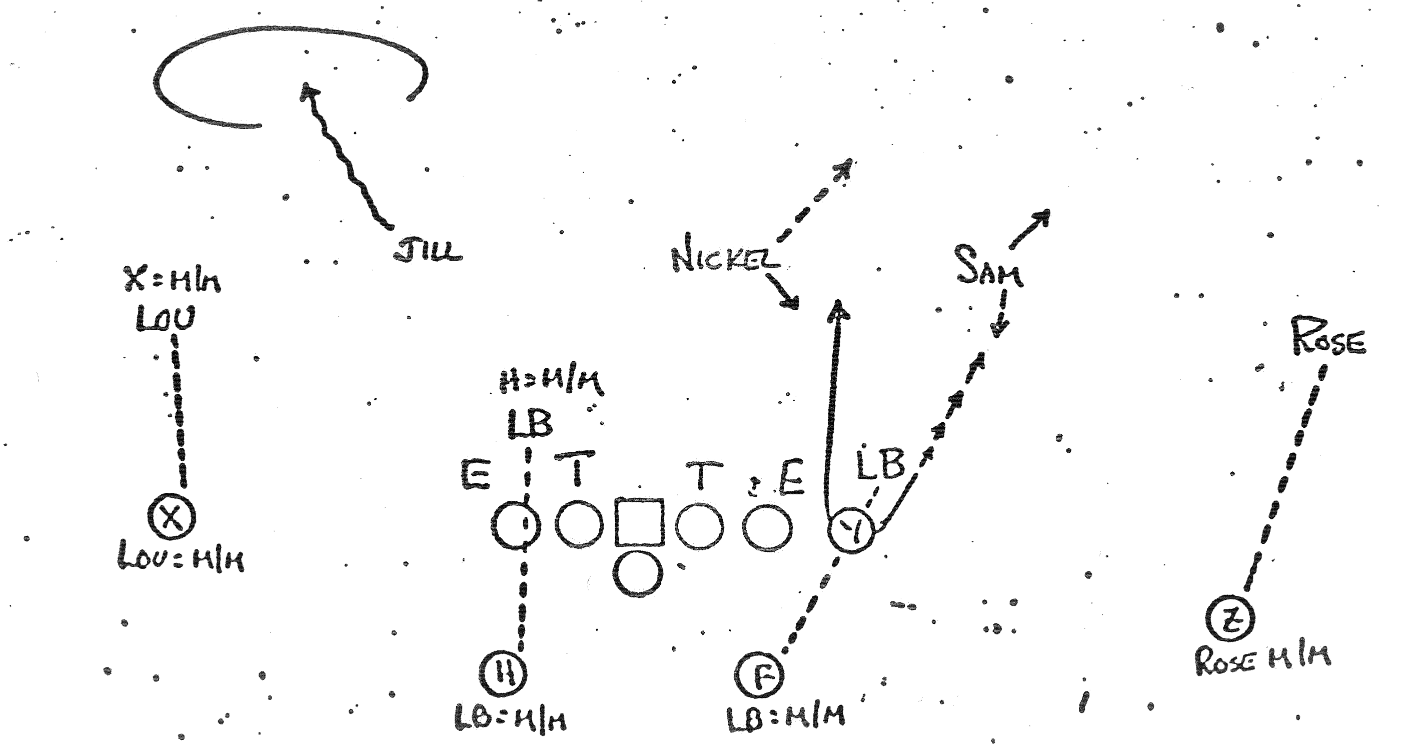
22 CO CO - DOUBLE COVERAGE ON X & Z BY A CORNER & SAFETY. CO CO IS AN ALL OUT M/M WITH DOUBLE COVERAGE ON X & Z.



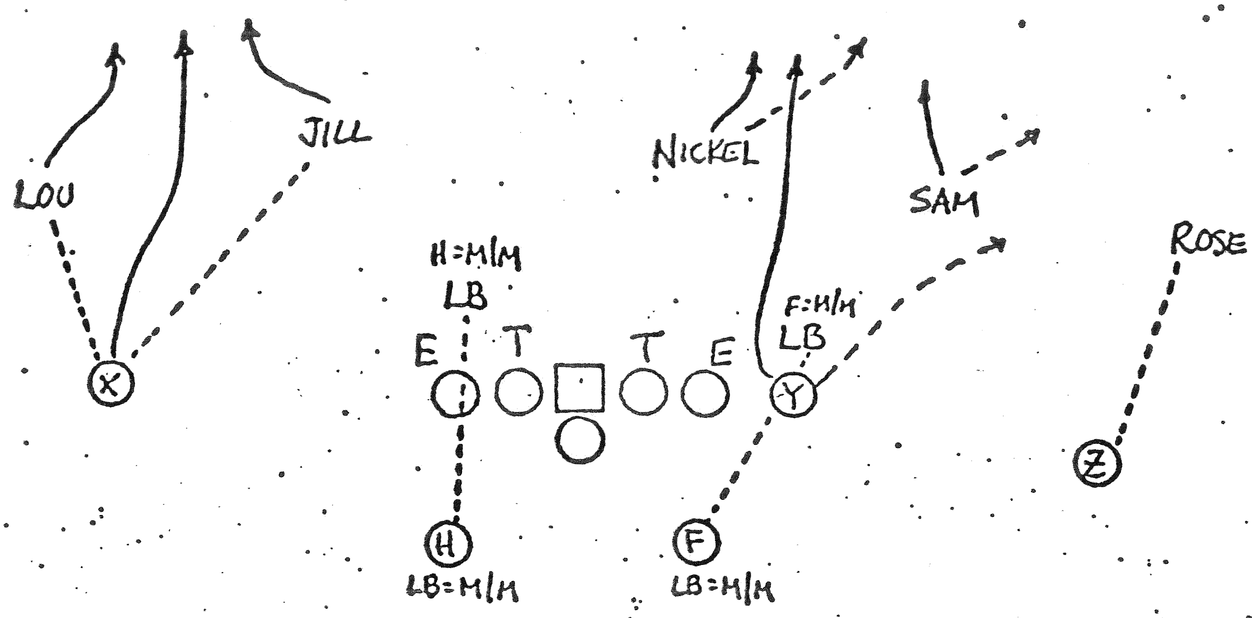
37 ZONE WEAK WITH JILL PICKING UP X M/M DEEP COMBO IN & OUT ON Y BY NICKEL & SAM.



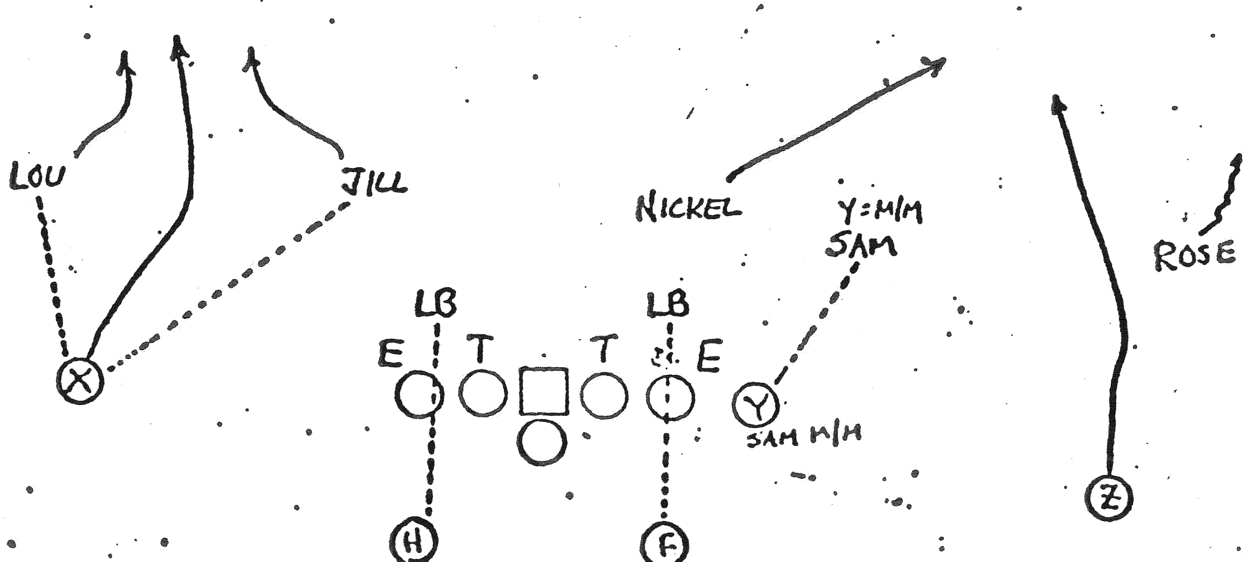
37 KING MAN TO MAN WEAK WITH JILL BACK-UP ZONE COMBO IN & OUT ON Y BY NICKEL & SAM.



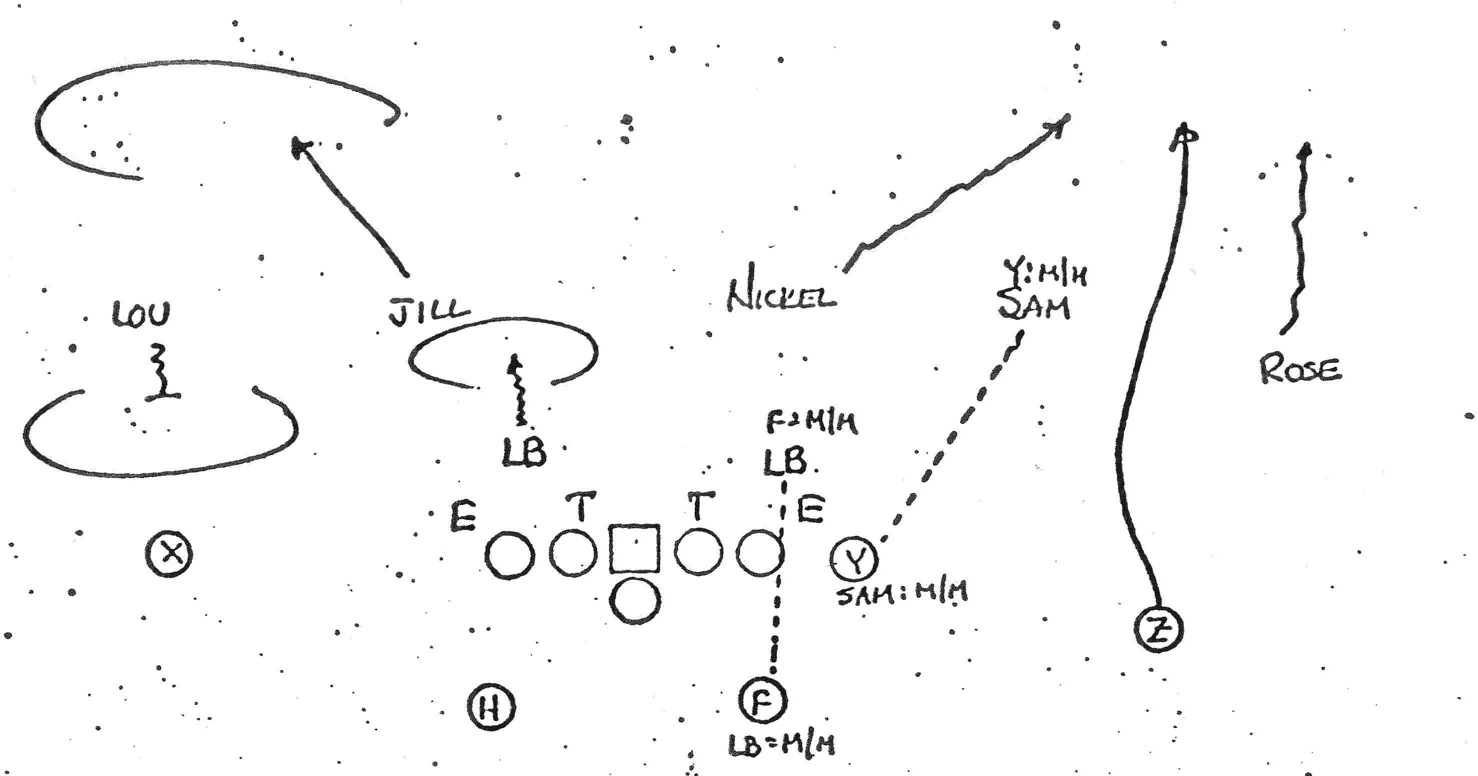
37 CONE

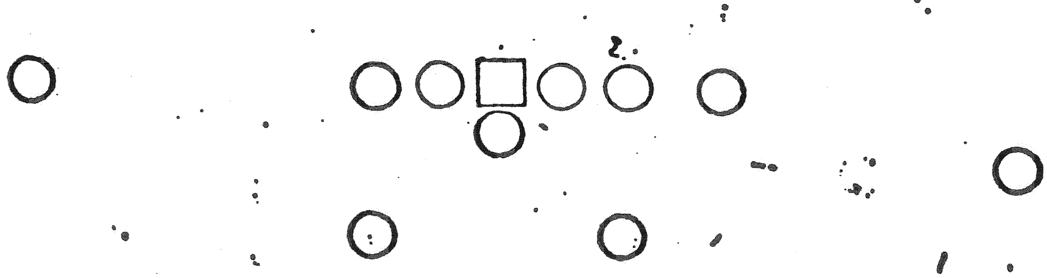


37 SPECIAL CONE (SPECIAL TELLS NICKEL TO DOUBLE ON Z WITH CORNER)

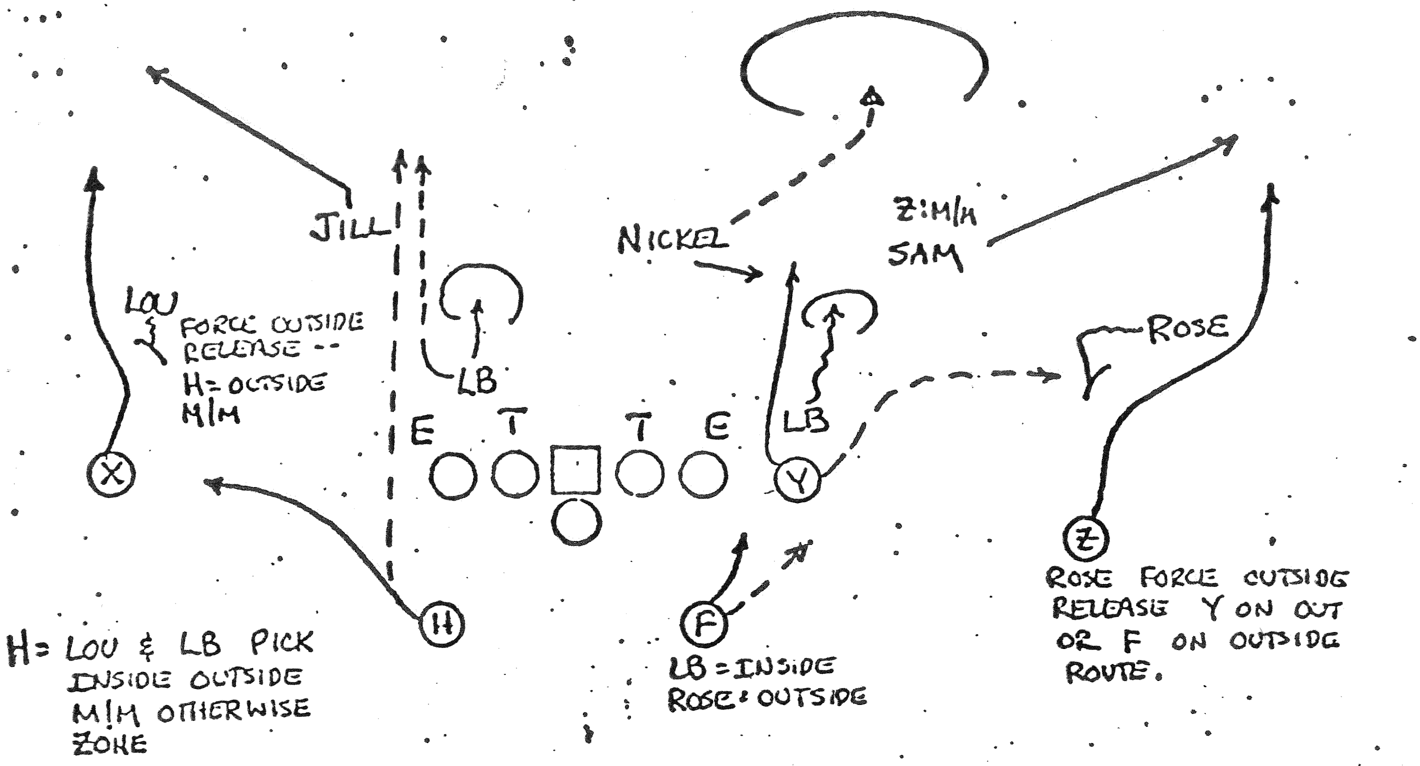


37 SPECIAL ZONE WEAK DOUBLE COVERAGE ON Z BY NICKEL & CORNER..

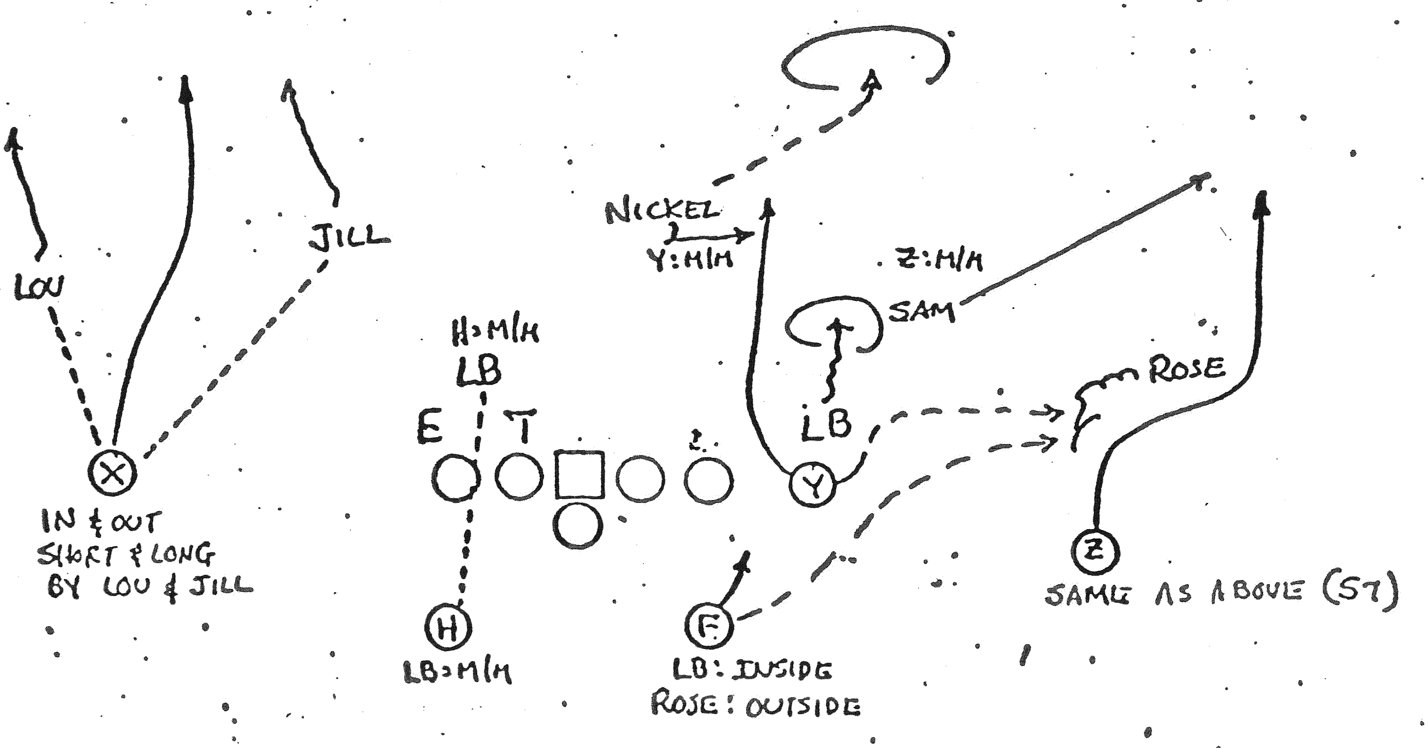




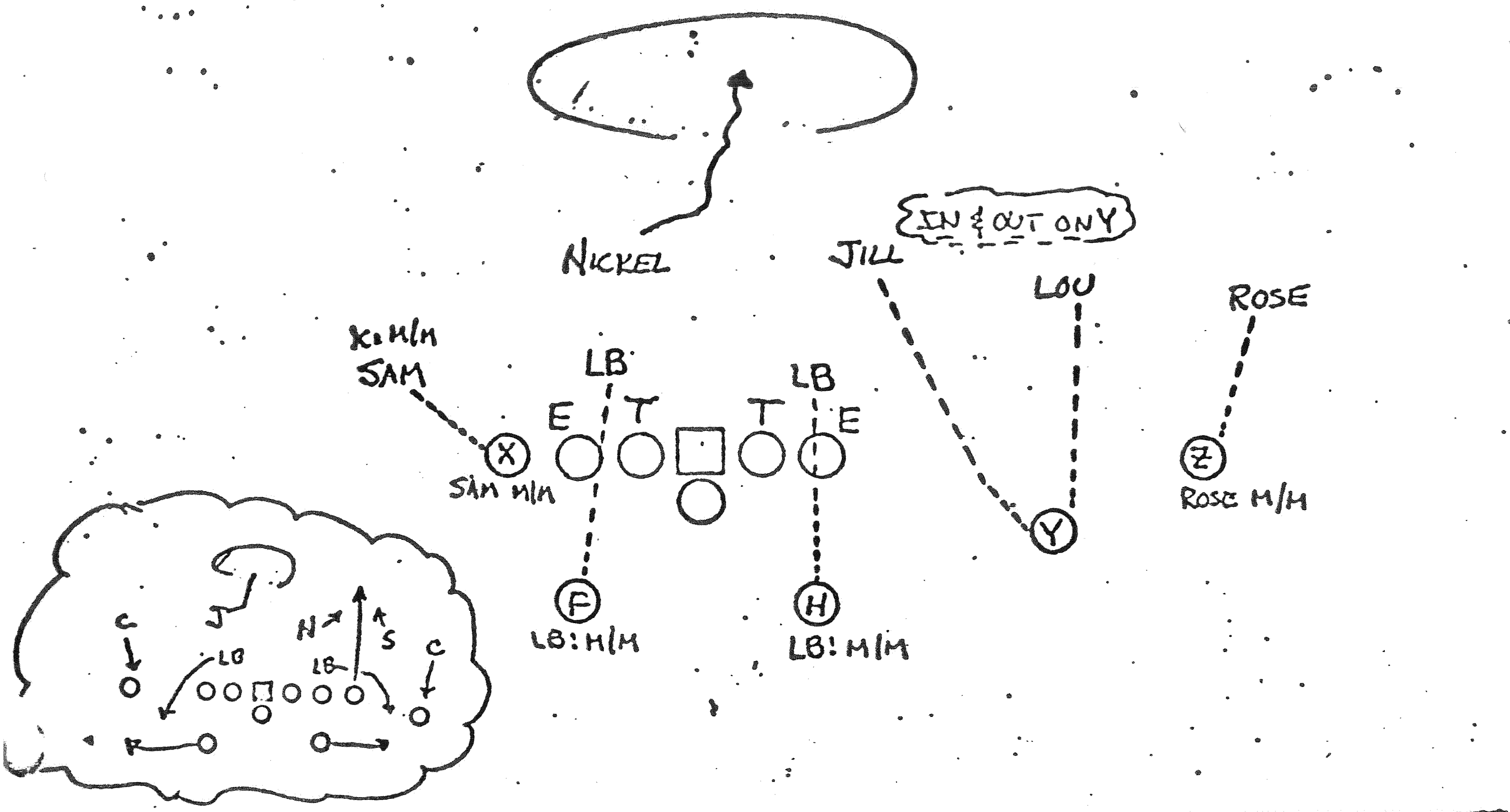
57


JILL
NICKEL
Z:M/M
SAM
LOU
FORCE OUTSIDE RELEASE --
H= OUTSIDE
M/M
LB
ROSE
E T T E
LB
X
Y
Z
H
F
ROSE FORCE OUTSIDE RELEASE Y ON OUT OR F ON OUTSIDE ROUTE.
H= LOU & LB PICK INSIDE OUTSIDE M/M OTHERWISE ZONE
LB = INSIDE
ROSE: OUTSIDE

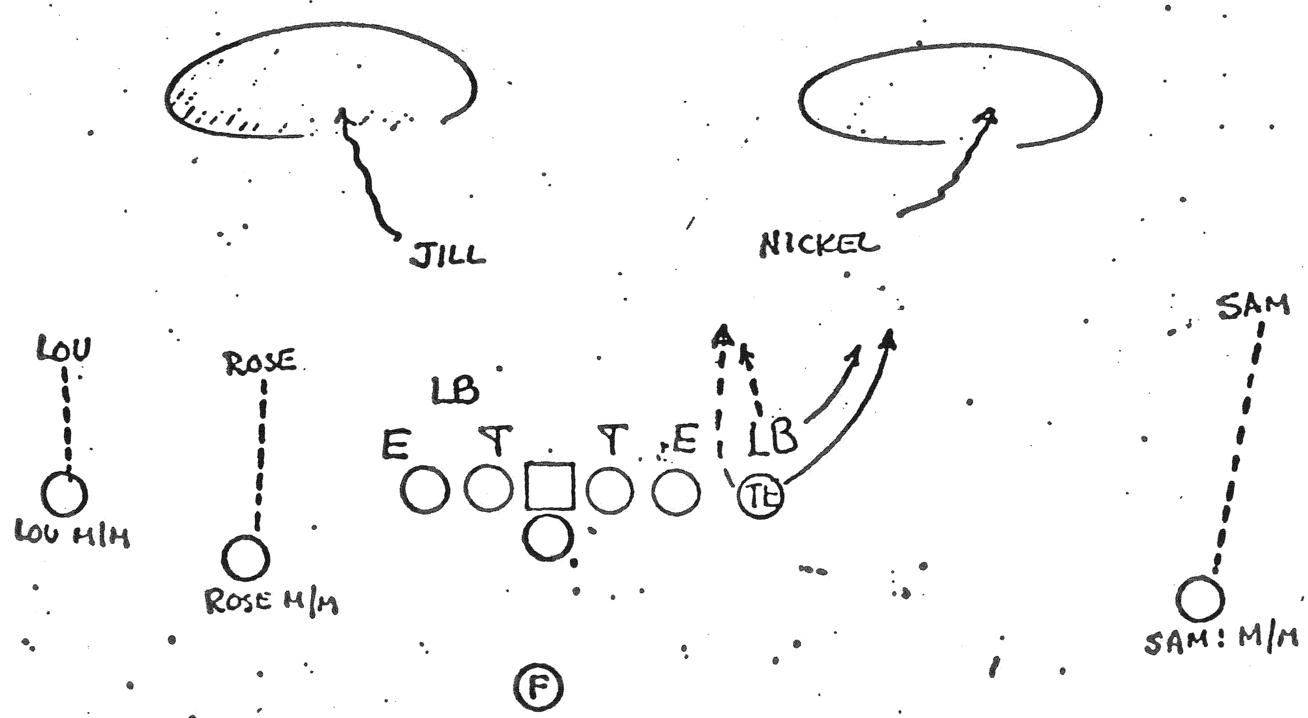
57 CONE


NICKEL
Y:M/M
JILL
LOU
Z:M/M
SAM
H:M/M
LB
ROSE
E T
LB
X
Y
Z
H
F
IN & OUT SHORT & LONG BY LOU & JILL
SAME AS ABOVE (57)
LB:M/M
LB: INSIDE
ROSE: OUTSIDE

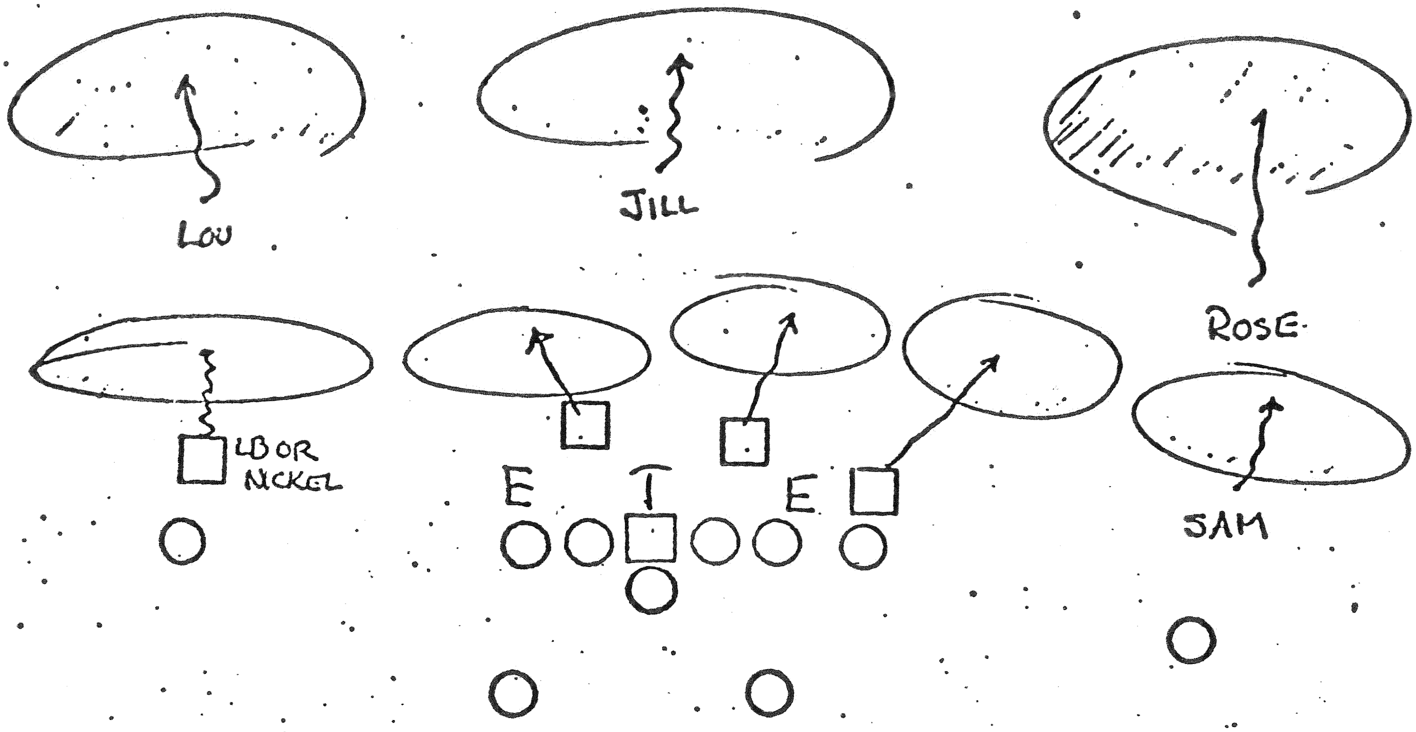
31



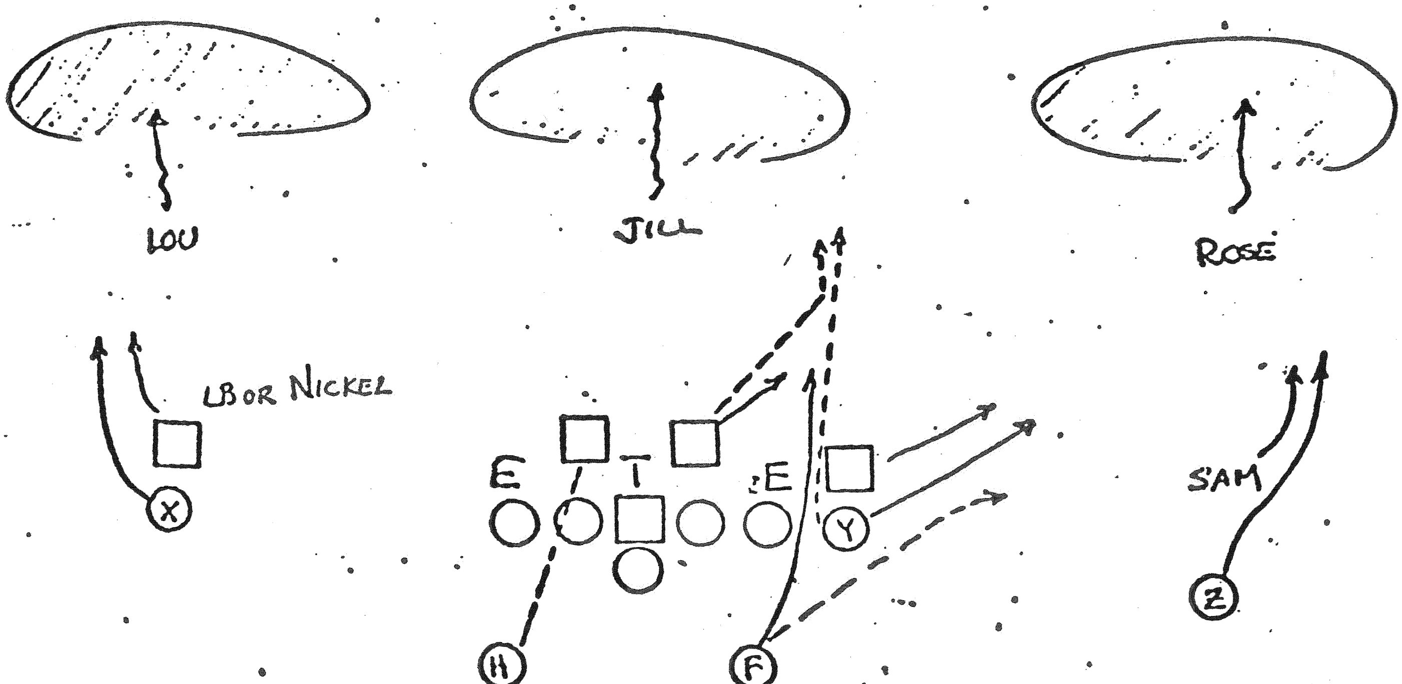
99 LB COVERS TIGHT END M/M WITH 22 YALE PRINCIPLES.



35 COVER 4



35 COVER 2 YALE



G. DOGS AND BLITZES

It is important, as an Offense Team, to know and recognize our opponent's Dogs and Blitzes, so that we can intelligently communicate with each other. By thoroughly understanding what our opponents will do, will give us vital information on coverage and technique they must use.

Why Do Teams Dog

1. Get the Passer - To pressure the Passer into delivering pass off-timing, to force interception, get sacked, or cause a fumble.

2. Cause confusion in our pass protection assignments.

3. As run Dog to break up our blocking combinations.

4. To keep our passing game off-balance and make us use maximum protection.

5. Could use Dogs in an effort to gain possession of ball.

Explanation of Opponent's Dog

1. "DOG" - Means the rush of a linebacker or combination of linebackers from any position, regardless of their location in or out of the line.

2. "SHOW DOG" - The term "SHOW" tells the Offense that the opponent is lined up on the L.O.S. and Dogging.

3. "FAKE DOG" - The term "FAKE" tells the Offense that the Defensive LB are on the L.O.S., but do not Dog.

4. Dogs are classified as follows:

CLASSIFICATION	PERSONNEL INVOLVED	BASIC COVERAGE
1. Red Dog	Stub & Buck Dogging	Dog
2. Mad Dog	Mac-Stub-Buck Dogging	Dog
3. Weak Dog & Cat	Mack-Buck Dogging	Dog
4. Strong Dog & Cat	Mac & Stub Dogging	3 Combo
5. Middle Dog	Mac & Meek Dogging	Cover 1
6. Buck I	Buck Dogging	Dog or 1
7. Mac I	Mac Dogging	Cover 1
8. Stub I	Stub Dogging	1 or 3 Combo
9. Meek I	Meek Dogging	Any Coverage
10. Blitz	Sam or Jill Dogging	Blitz

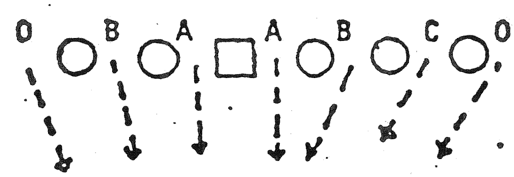
G. DOGS AND BLITZES (cont)

Explanation of Opponents Dogs - Blitzes

5. "BLITZ" - The term BLITZ is used whenever a Defensive Back is involved in a Dogging Defense. The Offense is alerted by the call of "BLITZ" and then designated by the use of Personnel Term of Jill, Sam, etc. The basic Rushing Lane for Jill is always the Weakside Guard Tackle Gap, and the basic rushing for Sam is the Outside Rushing Lane.

6. All Dogs are called and learned with a Basic Rushing Lanes, Depending on the type front they come from. The basic Dogs and Blitzes are outlined and illustrated on the following pages.

7. To further identify Dogs and Blitzes, we will designate Rushing Lanes by use of letters as follows:



8. Any change from the Basic Rushing Lanes can be changed by the use of the letters A, B, C & O, always means Strongside; Weak A, Weak B, etc.; always means Weakside. When using letters in calling a change in Rushing Lanes, always call Mac 1st - Buc 2nd and Stub 3rd.

Examples:

Basic - Stubi (O)	Variation - Stubi @ B
RED DOG (OO)	Variation - RED DOG BB
MAD DOG BOO	Variation - MAD DOG ABB

9. Method of calling Dogs involves five parts.

Front

Stunt

Classification

Variation

Coverage

G. DOGS AND BLITZES (cont)

9. Method of calling Dogs (cont)

Example: 46 TEX - RED DOG

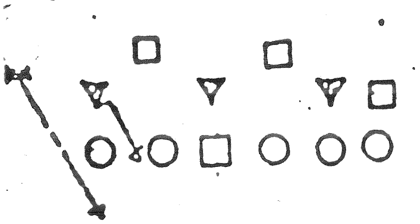
46	-	Front
TEX	-	Stunt be used by Def. Lineman
Classification	-	RED DOG
Variation	-	None
Coverage	-	Dog

10. Basic Coverages used with Dogs and Blitzes.

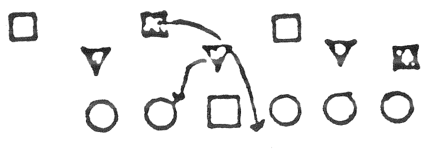
DOG OR BLITZ	TYPE COVERAGES	COVERAGE
Dog	Jill Covers Weak Back	9 D
Combo	Jill & Sam in and out on "Y" and Strong Back	3 COMBO
Blitz	Sam taking "Y"	BLITZ
Blitz	Combination of Dog or Sam Blitz but Jill is free	1 D
Blitz	Sam Blitzing, Jill, taking "Y"	3 D

34 SINGLE DOGS AND RED DOG

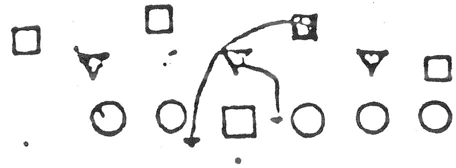
34 BUC I



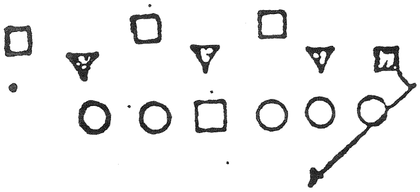
34 MEEK I



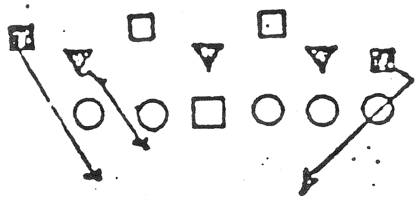
34 MAC I



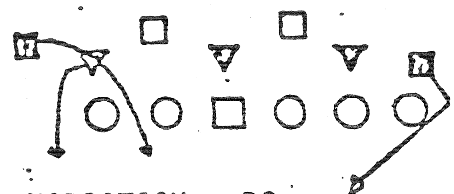
34 STUB I



34-RED DOG



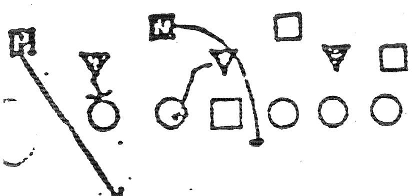
34-RED DOG



VARIATION: BO

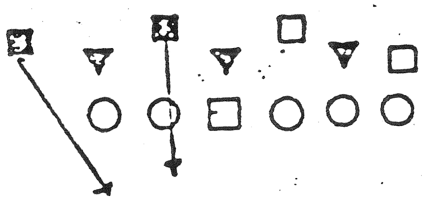
34 WEAK CATS AND STRONG DOGS

34 WEAK CAT



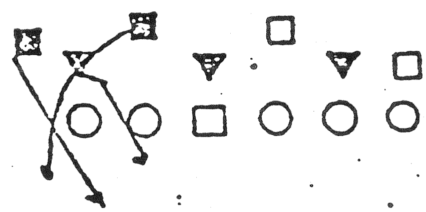
BASIC

34 WEAK DOG



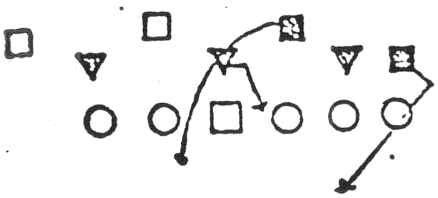
VARIATION: WK BO

34 WEAK DOG



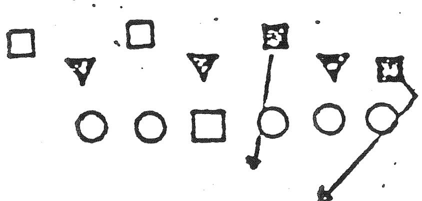
VARIATION: OO

34 STRONG CAT



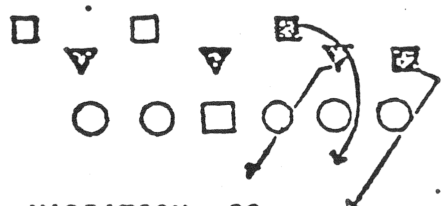
BASIC

34 STRONG DOG



VARIATION: AO

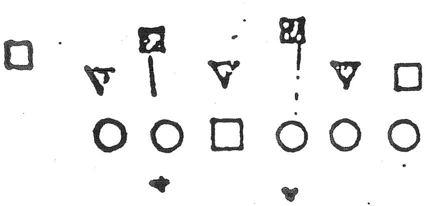
34 STRONG DOG



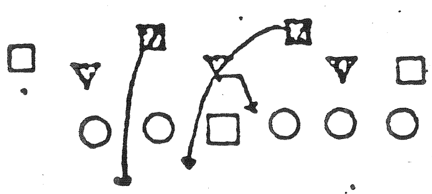
VARIATION: CO

34 MID DOGS INVOLVING MAC AND MEEK

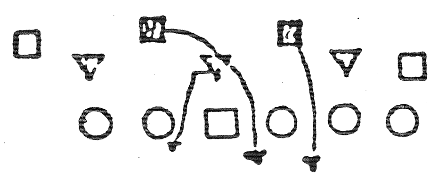
34 MID DOG



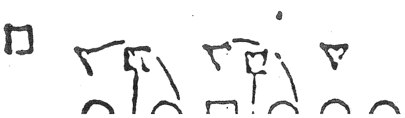
34 MID DOG WK



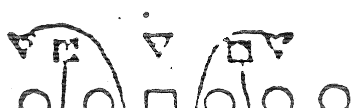
34 MID DOG STR



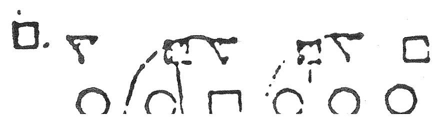
34 MID DOG TWIST WK



34 MID DOG TWIST

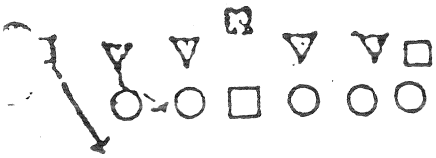


34 MID DOG TWIST STRONG



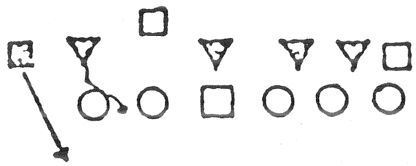
SINGLE DOGS INVOLVING BUC

43 BUC I



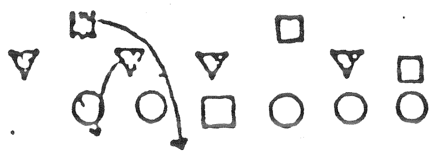
VARIATION: BORA

OVER BUC I



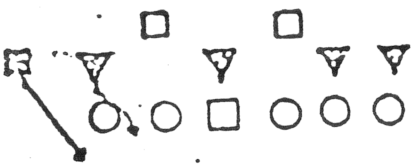
VARIATION: B

UNDER BUC I

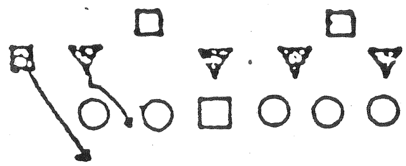


VARIATION: B

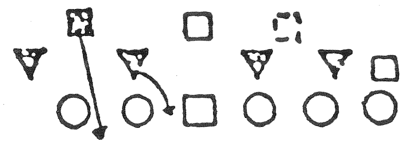
K.C. BUC I



OVER STUD BUC I

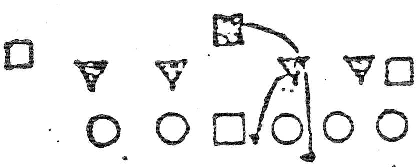


44 BUC I



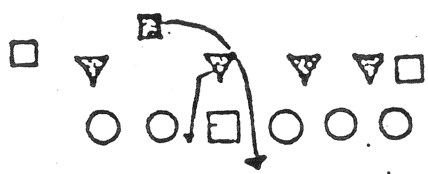
SINGLE DOGS INVOLVING MAC

43 MAC I

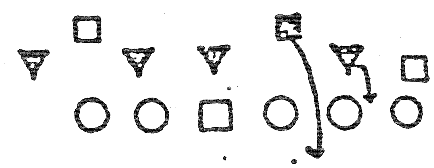


VARIATION: A, WK-A, WK-B

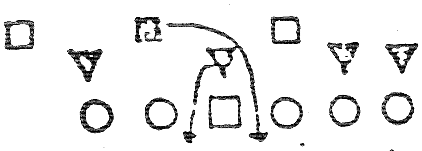
OVER MAC I



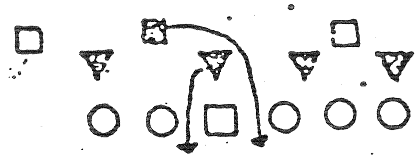
UNDER MAC I



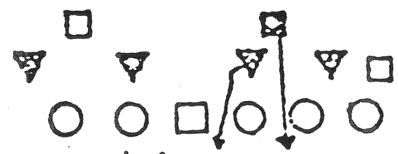
K.C. MAC I



OVER STUD MAC I

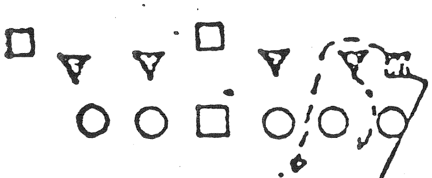


44 MAC I



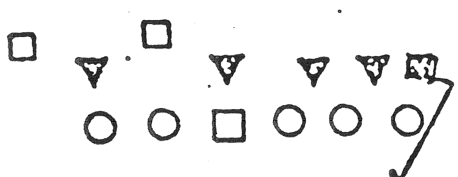
SINGLE DOGS INVOLVING STUB

43 STUB I

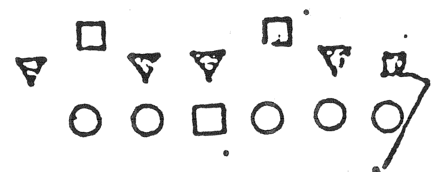


VARIATIONS: B(SOX) A

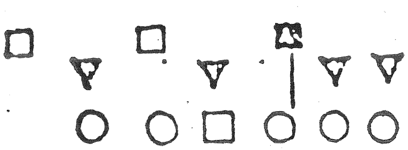
OVER STUB I



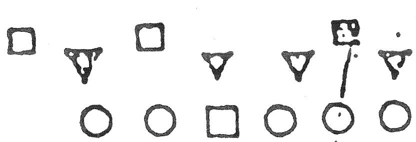
UNDER STUB I



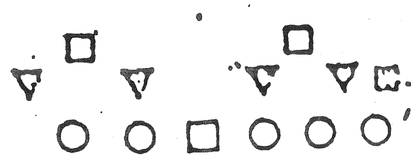
K.C. STUB I



OVER STUD STUB I

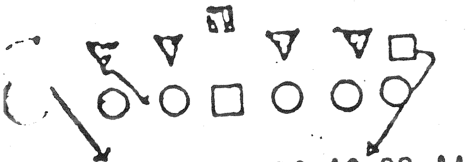


44 STUB I



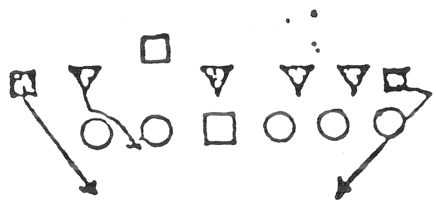
RED DOGS INVOLVING BUCK AND STUB

43 RED DOG

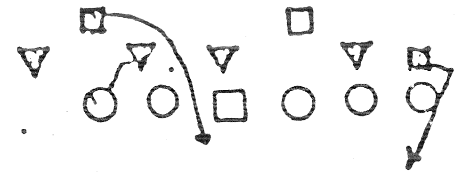


VARIATIONS: BO,AO,BB,AA

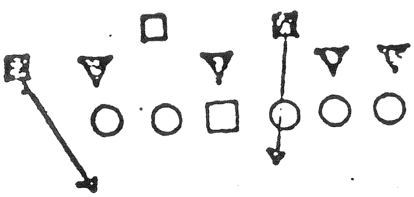
OVER RED DOG



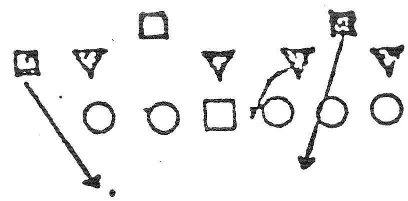
UNDER RED DOG



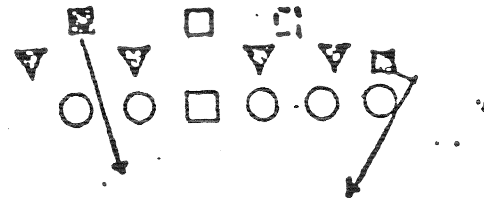
K.C. RED DOG



OVER STUD RED DOG

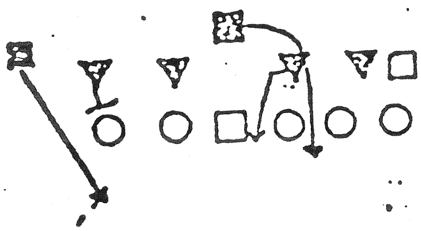


44 RED DOG

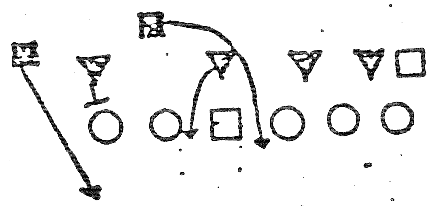


WEAK CAT. INVOLVING MAC AND BUC

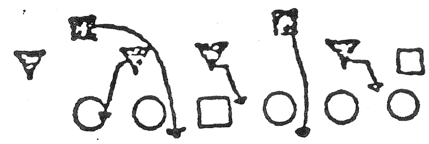
43 WEAK CAT



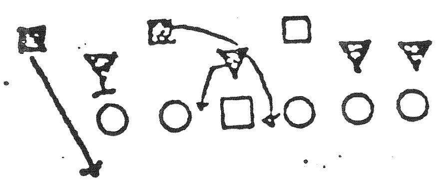
OVER WEAK CAT



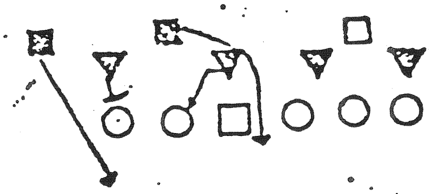
UNDER WEAK CAT



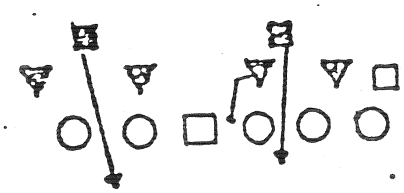
K.C. WEAK CAT



OVER STUD WEAK CAT

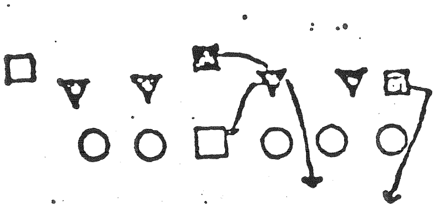


44 WEAK CAT

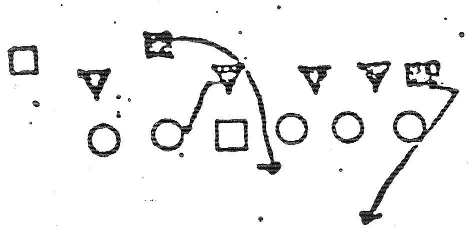


STRONG INVOLVING MAC AND STUB

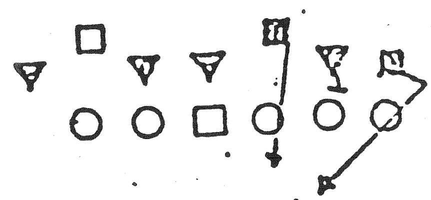
43 STRONG DOG



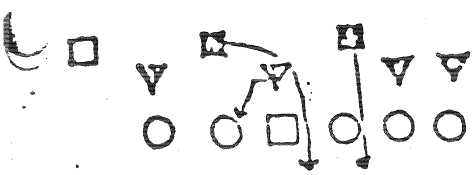
OVER STRONG DOG



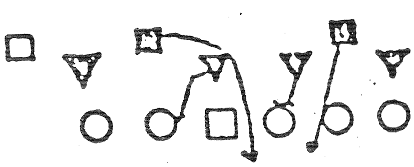
UNDER STRONG DOG



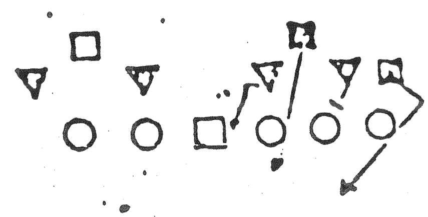
K.C. STRONG DOG



OVER STUD STRONG DOG

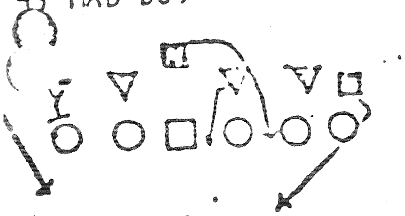


44 STRONG DOG

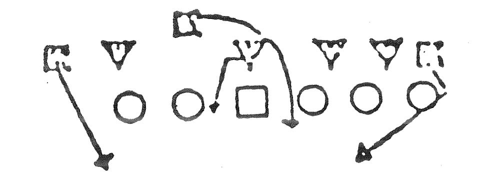


MAD DOG INVOLVING MAC, DUC & STUD

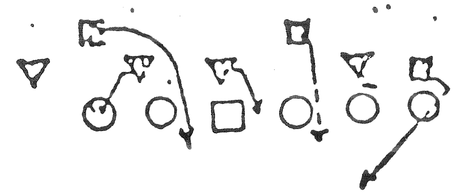
43 MAD DOG



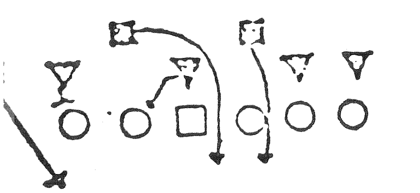
OVER-MAD DOG



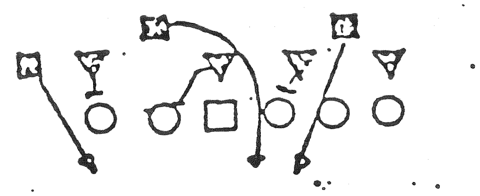
UNDER-MAD DOG



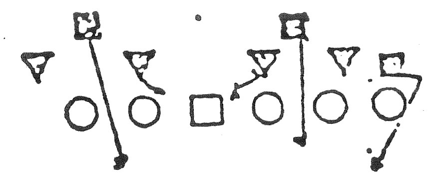
K.C. MAD DOG



OVER STUD MAD DOG

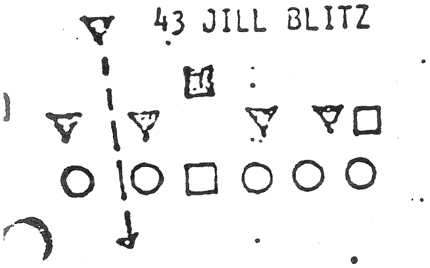


44 MAD DOG

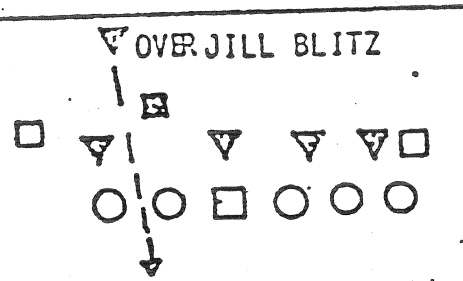


BLITZES INVOLVING JILL

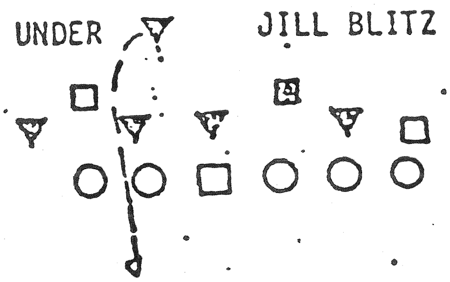
43 JILL BLITZ



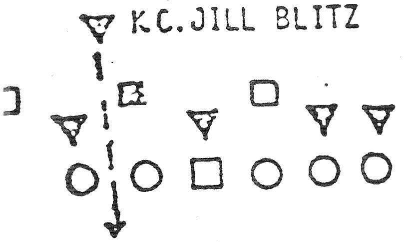
OVER JILL BLITZ



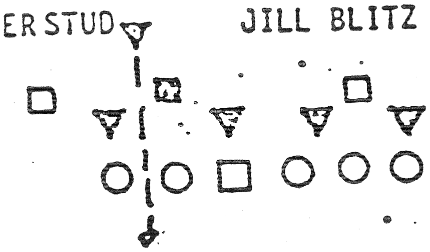
UNDER JILL BLITZ



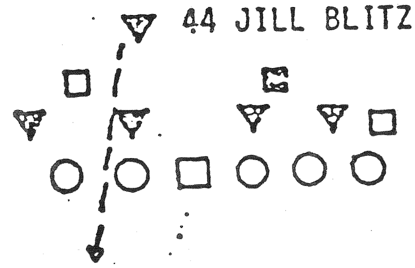
K.C. JILL BLITZ



OVER STUD JILL BLITZ

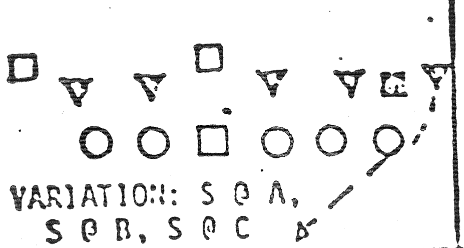


44 JILL BLITZ



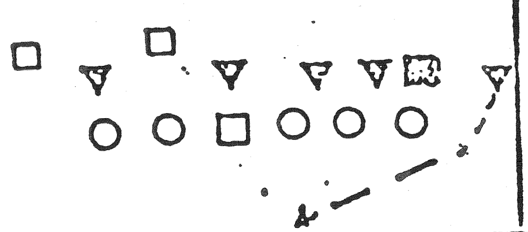
BLITZES INVOLVING SAM

43 SAM BLITZ

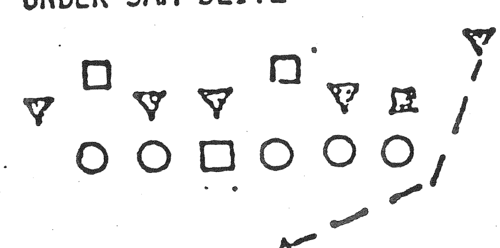


VARIATION: S @ A, S @ B, S @ C

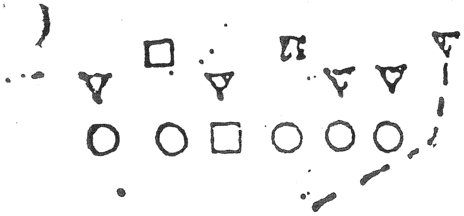
OVER SAM BLITZ



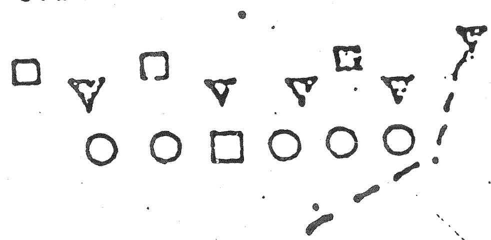
UNDER SAM BLITZ



K.C. SAM BLITZ



OVER STUD SAM BLITZ



44 SAM BLITZ

